

Only
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**THE CHEAPEST
AND THE BEST!**

**GEMMA
COLLINS**

'My psychic told
me to quit TOWIE
to find love'

**Ex-EastEnders
Danniella
Westbrook**



**Now she's
cleaning
a real East
London
pub!**

Reveal

WHAT GOES AROUND...

**Zayn broke PERRIE's
heart... but now
HE's the lonely one**

**Kieran turned KATIE
into a jealous wreck...
now HE's suffering**



**PREGNANT KIM
BEGS KANYE:
'STOP MAKING
ME WEAR TIGHT
CLOTHES'**

**PETE &
EMILY GET
THE BEST
HONEYMOON
NEWS EVER!**



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massacre*

**MY FIANCÉ TOOK
THREE BULLETS TO
SAVE MY LIFE**



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DINKY
TRAVEL SIZE



"There's more to life than hair but it's a good place to start."





ARE YOU READY FOR YOUR 3D SELFIE?

Here in the **Reveal** office, we can't decide if the 3D selfie is the coolest or creepiest thing ever.

Here's the image that sparked our debate – these pictures of a new 3D selfie by the UK queen of the self-portrait, Lauren Goodger.

Lauren's promoting Asda's new 3DME figurine service and posed for this 3D mini version of herself – standing at just 8in tall.

Opinion, to be honest, was varied among us.

Someone suggested it looked like an oversized Subbuteo figure, and wondered if we could get two teams of reality stars to pose for them, then make them play against each other!

Another Reveal confided it scared her.

'It's like something out of a horror film,' she gasped.

But all of us agreed choosing selfie-obsessed Lauren for the experiment was a stroke of genius.

We're just a bit disappointed that the not-exactly-shy Essex girl dropped her usual pout and cleavage-flashing for an untypically demure pose on this occasion.

But maybe that wouldn't have looked quite so tasteful on her mum's mantelpiece!

Photo Asda, Instagram



The photo-generated figurines will set you back £60 each



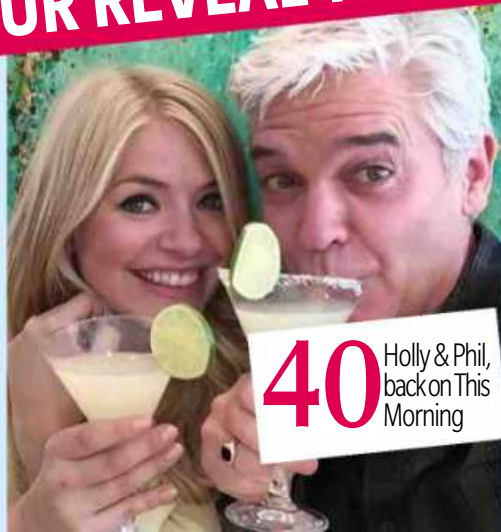
The selfie queen chose not to flash her cleavage in 3D

Instagram / @laurenrosegoodger

INSIDE YOUR REVEAL THIS WEEK...



46 Are you ready for a Vagacial?



40 Holly & Phil, back on This Morning



54 Sexy summer glamour



18 Celeb mums' baby bump contest!



IS ZAYN BE *loneliest*

He's ditched his band, management, friends and his fiancée. But Zayn Malik is finding that going solo can be very lonely

When Zayn Malik dumped Perrie Edwards by text last month, he reportedly did so because it was better for his solo career.

But, if that's true, it seems to have backfired, because Zayn's 'bad-boy' antics in recent weeks have ironically isolated him from his friends, fellow artists and influential music producers – the very people who have made the success he's had so far possible.

And, with an apparent lack of concern towards his ex-fiancée's feelings, he could be losing fans before

he's even released his first single.

Perrie was slated by thousands of heartbroken One Direction followers when Zayn, 22, quit the band in March but, after she broke down as she performed *The End* with Little Mix last week, the majority of the public seemed to side with her.

One online user offered their support, writing, 'I used to really like Zayn but I feel sorry for Perrie, the way she's been hurt,' while another said, 'Chin up, love, you're better off without the little boy who has no respect for anything.'

In return – and perhaps aimed at Perrie, 22 – Zayn tweeted, 'Nothing changed, you just never knew,' and 'Love LA, love the weather – life is good!'

And, as we reported last week, even Zayn's old bandmate Harry Styles seems to have sided with Perrie, and has been supportively texting her.

And, during Zayn's spat with DJ Calvin Harris last week, his other former

Zayn's a very different person to who he was when he appeared on The X Factor in 2010



COMING THE *man in pop?*

bandmate, Louis Tomlinson, made it clear whose side he was on when he favoured one of Calvin's insults.

With all this and the fast-growing number of rows Zayn's having with fellow musicians, no wonder his pals are concerned he's heading for a meltdown.

FROM QUIET TO CONFRONTATIONAL

When 1D were put together on *The X Factor* in 2010, Zayn was the shy one, too nervous to dance with the other boys and barely muttering a word.

During his time in the band, he kept a low profile on social media, but in the past few weeks, he's had plenty to say.

Last week, as well as insulting Little Mix by retweeting a post in support of a rival single, he fell out with two of the music world's most influential musicians – DJ

to see him having much support left by the time he's finally ready to release music.

'He's gone power crazy. I don't understand it. He's not had any success as a solo artist yet, so his ego shouldn't be that driven. He's gone mad, power mad.'

So, will Zayn's ego kill his solo career before it's even started?

Simon Cowell ditched him from his label Syco when he quit 1D, and an insider claims this is because Simon – who also supported Zayn through numerous cheating and drugs allegations – saw the 'car crash developing around him and didn't want to be part of it.'

Zayn's also broken free from his old management and PR company to make a fresh start – however, first impressions may not have gone down too well as, awkwardly, his new PR company also represents Calvin!

A management insider who used to work closely with Zayn said the Bradford-born singer was cutting off all the contacts he's made in the music industry through One Direction in favour of going it alone, adding, 'He's been acting like a complete idiot.'

But with it being such a close-knit industry, those who are still in Zayn's clique are bound to be worried that no one will want to work with someone with a diva reputation.

Meanwhile, despite her tears last week, Perrie seems to be coming out on top.

She's busy celebrating the band's third UK number one hit, *Black Magic*, and – as well as backing from Harry – she was also comforted by another of Zayn's pals last week, James Corden, when she appeared on *The Late Late Show* with the rest of her bandmates.

Zayn might take comfort that his Twitter spats have gained him an extra one million followers, a total of 15.5m – but this still makes him the least popular of 1D. Harry has 25 million followers.

Rebecca Greenow

He's fallen out with Calvin Harris and his girlfriend Taylor Swift



The public bickering with celebs has gained him an extra one million followers

Perrie broke down while performing with Little Mix but has received support from Zayn's former bandmates



Calvin Harris (worth £66 million) and his girlfriend, singer Taylor Swift (worth an even more staggering £200 million).

Zayn – who raked in £20 million with 1D, but who's yet to have a solo hit – called Calvin a 'd***head' in a spat over Taylor.

He's also had words with former BFF and music producer Naughty Boy, and reportedly angered rapper Tyga by cosying up to his girlfriend Kylie Jenner.

But it's not just those in the industry who are in Zayn's firing line, as a long-term pal revealed he's cutting ties with his old school friends, too.

'He's self-destructing right now... he's turning into a diva but without the hits,' said the friend.

'He's p****d off so many people, it's hard



Gemma (with *TOWIE* co-stars Bobby Norris, Ferne McCann, Billie Faiers and Jess Wright) felt like an outsider on the show that made her name

Why Gemma LEFT TOWIE

- A psychic warned her she would never find love on the show
- She feels 'too old' and has drifted away from her co-stars
- Insecurity over recent weight gain has seen her at an all-time low



Her appearance on last year's I'm A Celeb... was very brief



Mum Joan is suffering from osteoarthritis

slanging matches and crocodile tears – all of which have made Gemma, 34, a firm favourite with viewers.

But behind the scenes, a source tells us the bubbly blonde is plagued by insecurities over her looks and single status, and has hit an all-time low.

'Gemma has been in and out of *TOWIE* so many times, but this time it's for good. The last series was the most explosive for Gemma and has left her feeling quite drained and miserable,' our source reveals.

SHE FELT LIKE AN OUTSIDER

The source adds how Gemma has been visiting therapists, hypnotists and psychics to help mend her woes, and the reaction she received from the show certainly hasn't helped matters.

'She is gutted to leave and she hoped they would beg her to stay, but the hurtful truth is nobody cares that much,' they explain.

A show insider says Gemma has recently felt like an outsider compared to her younger co-stars, and has very few *TOWIE* friends.

'She feels too old for the show and has outgrown her co-stars. She doesn't have anything in common with them,' they tell us.

And despite complimentary tweets following her announcement, we've heard that no cast members have visited and she's received no messages of support.

It's the straw that broke the camel's back after a tough few months for Gemma...

Her mum Joan has been suffering from osteoarthritis, meaning her daughter has become her sole carer.

'Gemma's mum is very unwell and awaiting a serious operation. At the moment, she's unable to walk unaided,' our source says.

LEAVING FOR LOVE

Gemma, who has openly spoken about her ongoing weight battle, has also been forced to put her hopes of a healthy new start on the backburner

to look after her mum.

'She's the biggest she's ever been. She now weighs 17st and is a size 20 and rising,' says the insider.

'She hired a personal trainer to come to her house so that nobody spotted her going to the gym. But the trainer barely leaves the house before Gemma orders pizza to curb the hunger after her training session.'

Her image overhaul had also been part of Gemma's plan to find a new man...

She recently said she was 'too busy' for love, yet Gemma has frequently opened up about her hopes to settle down despite been warned this will never happen on *TOWIE*.

'A psychic told her she sees a tall, dark and handsome man in her future along with two babies, two years apart,' our source says.

'But she told Gemma she'd never find love while she's in *TOWIE* as her character on the show is always so aggressive.'

Her brief dalliance with Charlie King in 2013 saw viewers cringing as he painted her 'saggy tits' (her words!) when trying to recreate the raunchy *Titanic* scene in which Jack draws a scantily clad Rose.

She's also dated James Argent and they were on/off until 2014 (even bonking in a broom cupboard), but he left Gemma heartbroken when he fell back into the arms of his first love Lydia Bright.

But there's certainly light at the end of the tunnel for Gemma. With a new man on the horizon, her career appears to be going from strength to strength, too.

She recently revealed she's heading to the US to film a secret new show, and her agent says she's been inundated with offers since leaving *TOWIE*.

Despite blubbing back to Brentwood after three days in the Australian jungle in November, Gemma is also rumoured to be on the wanted list again for this year's

I'm A Celebrity...

An insider says, 'Gemma knows this would be a great opportunity for her and that she can't blow it a second time.'

'It would be a big risk for the producers but they know Gemma makes great TV.'

Lauren Hills

Reveal says

'Keep your chin up, Gemma. We hope you get back to the feisty diva we know and love very soon!'

In her home county of Essex, there's no doubt Gemma Collins rules the roost.

So, with a resounding 'Oh.My.God' from the *Reveal* office, it's fair to say we were shocked when Brentwood's queen bee resigned from the reality TV show that made her name, after four years.

'I've had a blast on *The Only Way Is Essex*. Thank you Lime Pictures and ITV, and especially the fans. Lots of love. GC,' Gemma tweeted last Tuesday.

But the reasons behind her exit, which show insiders tell us she has been mulling over 'for months', have remained unclear.

Dubbed 'GC' for her outlandish antics and diva-like behaviour, producers and co-stars have endured champagne throwing,



SAM'S BABY NEWS!

Sam Faiers is pregnant with her first child to boyfriend Paul Knightley.

The former TOWIE star – who is apparently three months along – is said to be 'very excited' to be carrying the couple's first baby.

Sam and Paul – who've been dating for nine months – are 'really looking forward to being first-time parents together,' according to a source.

Two weeks ago, the mum-to-be said Paul would shortly be moving in with her, adding, 'We talk about kids more than we do marriage, but as a couple we want the whole package.'

Congratulations, Sam!



Instagram/samanthafaiers1

GYM BUNNY IN THE MAKING?

Harper Beckham looked like she was making her way to a yoga class as she stepped out with her daddy in a crop top, leggings and trainers last week.

Luckily, David treated the adorable four-year-old to some frozen yoghurt and sweets on their daddy-daughter day out in Los Angeles – that's more like it!

Earlier in the day, Harper had been spending girlie time with mummy Victoria, too – getting her first ever manicure, in pretty pink. How very grown up!



Instagram/victoriabeckham

COURT FILLERS OUT

Courteney Cox shocked fans when she revealed a fuller-looking, youthful face last week, and admitted it's thanks to Botox.

The *Friends* star, 51, revealed she had injections to plump out her face, but her fiancé, Snow Patrol's Johnny McDaid, 39, won't let her have a face lift.

She said, 'It's no secret I've had some Botox, but I won't go under the knife.'

'Johnny isn't into that whole Hollywood look anyway, so I don't feel pressure to keep looking like a 20-year-old for him.'

Last year, Court's BFF, Jennifer Aniston, spoke out against her pals having Botox, saying, 'I'm grateful to learn from their mistakes. I'm not injecting sh*t into my face. Honestly, it breaks my heart. I think, "If only you knew how much older you look."'

Rebecca Greenow



2005



2015

"There's more to Aussie than hair."



Aussie Body Wash.
Make yourself a smoothie.
(No blender required.)

Are you a
smoothie-in-the-morning
kind of girl?
Then hop (like a kangaroo)
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smooth as a bundle
of baby koalas.





As she dons the Marigolds and strips to her bra to scrub her mate's pub, skint Danniella Westbrook insists she's not doing it for the cash

Not too proud to POLISH!



She went bankrupt last year and has reportedly been axed from both *Hollyoaks* and *Celebrity Big Brother*, before even appearing on screen.

So when pictures emerged of former *EastEnders* actress Danniella Westbrook scrubbing and polishing a north London boozer last week, many thought she'd got herself a new job as a cleaner.

But defiant Danniella – who got stuck in mopping, vacuuming and cleaning the bar at the Bill Nicholson pub in Tottenham – insists she was just helping out a mate.

'It's my best mate's pub and the cleaning company she uses let her down,' says the actress, 41, who shot to fame playing Sam Mitchell in *EastEnders* in the 90s.

'I went and cleaned the pub ready for her to open for the first home game of the season. I sometimes help out when my kids

are away at weekends. I don't get paid and I like to help out and feel useful.'

Danniella worked up a sweat as she grafted, lugging around a vacuum cleaner, grabbing bottles of bleach and kitchen roll, and polishing the bar and pub's sign. She even stripped off her top at one point.

It's a far cry from her days pulling pints behind the bar in the Queen Vic during her time on the BBC's long-running soap. Back then, Danniella commanded a £100,000-plus salary, wore designer clothes and was a permanent fixture on the glitzy London party circuit.

But the mum-of-two was fired from the soap after a battle with drugs that saw her famously have her rotting nose rebuilt after years of cocaine abuse.

She went on to marry millionaire Kevin Jenkins and lived in a seven-bedroom

mansion, drove a Porsche, a Hummer and a Range Rover, before they hit financial difficulties and split in 2014.

Since then, Danniella has fallen on hard times, even moving into a caravan with her family for a while.

Things looked up when she was hired to reprise her role as jailbird Trudy Ryan in *Hollyoaks* – but producers axed her before she'd made it back on-screen, saying she'd breached her contract. She was then rumoured to be a shoo-in on *CBB* for a reported £200,000 fee – but medics deemed her unfit.

Still, Danniella insists her acting career is going strong. 'I don't have a cleaning job,' she says. 'I'm shooting two movies right now!'

Kelly Jenkins

Her time in The Queen Vic long gone, Danni gets to work

"last time I was behind a bar, I was on TV"

Bleach, check; kitchen rolls, check - the life of glamour never ends!

Phew! Well, all that scrubbing does take its toll

Tottenham's Premier Football Pub

Sign of the times - a West Ham fan taking care of a Spurs watering hole

This is what dust-busting is all about!

GHOST *girl*♥



GHOSTFRAGRANCES.COM

#GHOSTGIRL

OBSESSED LAMAR

WON'T LET KHLOÉ GO

Lamar Odom pines after ex-wife Khloé Kardashian, while she moves on with her hot new man

Their split was one of the messiest and drawn-out break-ups in showbiz, but Khloé Kardashian and Lamar Odom's divorce was finally completed last month – two years after they parted ways.

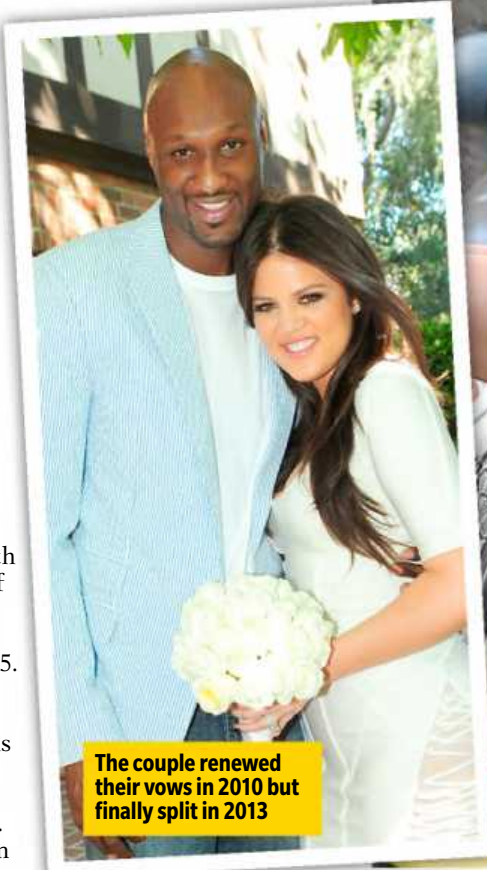
Khloé, 31, has gone from strength to strength since the breakdown of their marriage in 2013, gaining a gorgeous new body and a hot new man, NBA player James Harden, 25.

But in stark contrast, troubled Lamar's behaviour has become increasingly erratic in recent weeks and he's still pining for Khloé.

Lamar, 35, told a US magazine last week, 'That woman is my wife. Without the ring on my finger, even with her picture being taken with another man, that woman is my wife.'

'She's my soul mate. I can't control it. We'll never part. I would never consider myself serious with another woman.'

He then appeared to warn his love rival James, adding, 'To sum it up, if another man is attempting to court Khloé, he's probably wasting his time.'



The couple renewed their vows in 2010 but finally split in 2013

The lovelorn statement comes after Lamar reportedly 'ambushed' his ex-wife as she arrived for a SoulCycle class in Beverly Hills.

CONSIDERING A RESTRAINING ORDER

He strongly denies the claims, and says they had arranged to meet. But US sources claimed Khloé, who split with Lamar amidst cheating claims and his battle with drugs and alcohol, screamed, 'Get off of me,' when he allegedly tried to touch her arm.

Khloé then reportedly fled to her car, and is now said to be considering a restraining order against Lamar, who is still disputing the allegations.

'I would never put that on Khloé. It would hurt me too much to put that on her,' he said.

'She's hurt, but that doesn't make me wrong.'

Meanwhile, Khloé has since jetted

On hols with sister Kendall, Khloé looks in great shape



Reveal says

'Khlo has clearly let go. We think it's time Lamar did, too.'

off to St Barts in the Caribbean for a family holiday and is clearly very happy – posting several sun-soaked selfies with half-sister Kendall Jenner, 19.

She posted, 'Close like Starsky and Hutch' next to one image, while jokingly captioning another, 'Made in Kris Jenner' (TMI Khloé!).

She also later showed off her sizeable bottom while windsurfing with her youngest half-sister Kylie, 18.

Yet it seems a gloomy Lamar is still hell-bent on winning her back.

'She is brave, stubborn, the ultimate caregiver, and a smart, intelligent and beautiful woman,' he gushed.

'She has been through a lot, so I understand her pain. We're really like each other. Forgiveness is so strong and means so much. If the answer is no, it doesn't change the way I feel about her.'

Lauren Hills



Lamar disputes allegations that he 'ambushed' his ex-wife



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KOURTNEY KARDASHIAN: SHOWING OFF HER REVENGE BODY

Her world was rocked when photos emerged of her long-term boyfriend and father of her children, Scott Disick, frolicking with his ex-girlfriend.

But Kourtney Kardashian looks to have had the last laugh as she flaunts her seriously enviable figure!

Showing off her toned midriff, Kourtney, 36, sported a palm tree print two-piece as she enjoyed a family getaway to St Barts. Kourtney jetted out to the Caribbean island with her sisters and three children – Mason, five, Penelope, three, and eight-month-old Reign – to film the next series of *Keeping Up With The Kardashians*.

Captioning the image, Kourtney wrote, 'troop Beverly Hills', referring to the 1989 movie about a Beverly Hills housewife who decides to lead a wilderness troop after the end of her marriage.

Kourtney called time on her nine-year relationship with Scott, 32, in July when, on top of his drinking and partying, he was spotted cosying up to ex-girlfriend Chloe Bartoli.

And while Kourtney's been hitting the gym and hanging with family, Scott appears to be doing what he does best – falling out of nightclubs. We think we know who's come out best in this break-up.

Kourtney
flaunts
her toned
figure!



Instagram/kourtneykardashian

Look what you're MISSING, BOYS!

Weeks after splitting from their respective exes, these ladies look better than ever before

STACEY SOLOMON: BOUNCING BACK FROM HEARTACHE

After splitting from her long-distance boyfriend of six months, Steve-O, Stacey Solomon has taken a well-deserved trip away to LA, where she didn't hesitate to show off her incredible bod!

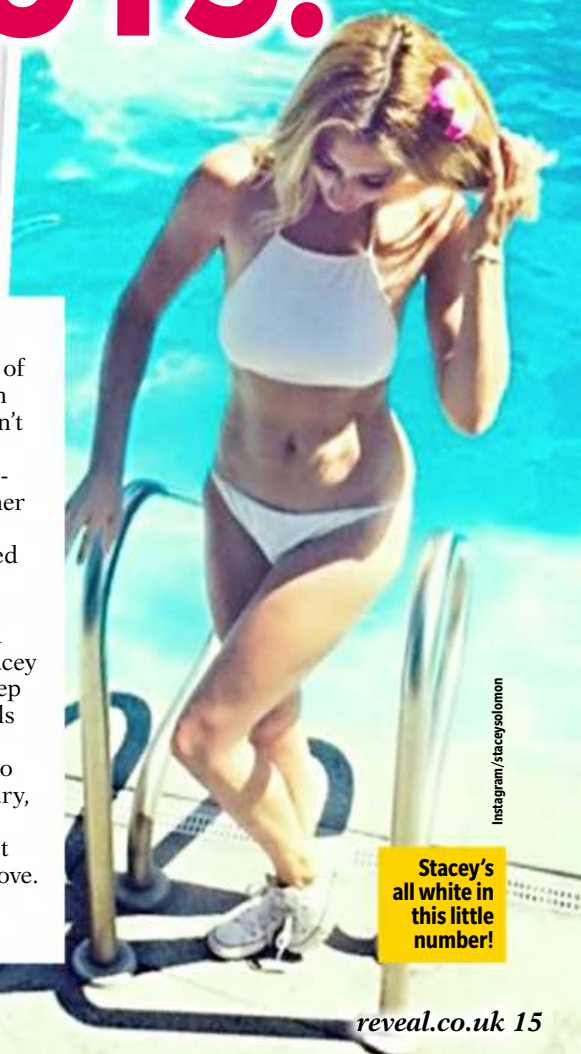
Showing her *Jackass* star ex what he's missing, mum-of-two Stacey, 25, posted a series of snaps displaying her amazingly toned physique in a flattering white bikini.

Singer Stacey first met Steve-O, 41, when they trained for *The Jump* together last year. And, while the pair were constantly gushing over each other during their romance, the distance between them ultimately proved the deciding factor, with Steve-O based in LA while Stacey lived in London with her two sons. *The X Factor* star's rep said, 'Stacey is really hurt and it's not something she feels able to talk about at the moment.'

But it appears a family break in the sun has been a tonic to Stacey, as she posted adorable pictures with her sons, Zachary, seven, and Leighton, two, throughout their time away.

Making her priorities clear to her ex, Stacey posted a sweet snap of her cradling little Leighton, captioned, 'This is true love. I am so in love with my children it hurts my heart.'

Katherine Parkes



Instagram/staceysolomon

Stacey's
all white in
this little
number!

Photos Rex



Pregnant STRESS

As Coleen Rooney and Kim Kardashian eagerly await their new arrivals, both women are feeling the pressure...

KIM BEGS KANYE: 'PLEASE LET ME WEAR COMFY CLOTHES!'

She credited husband Kanye West with improving her style and previously said he encourages her to 'dress sexier' – but at five months pregnant, Kim is sick of squeezing her sizeable bump into uber-tight dresses.

'She's feeling really horrible and fat,' says a source. 'And Kanye makes her wear all these tight-fitting clothes that just make her feel fatter.'

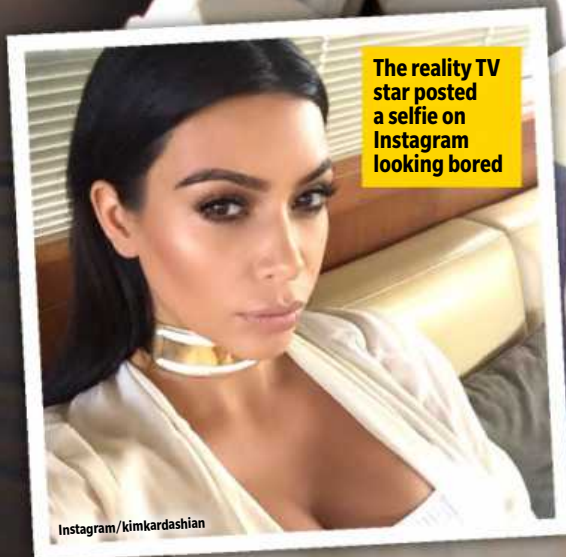
Since the start of her pregnancy, Kim, 34, has been wearing form-fitting dresses with high heels, and she was pictured looking miserable in a series of skintight outfits while holidaying in St Barts with her family last week.

While her sisters frolicked around in the sea during a boat trip, miserable Kim complained she couldn't join in the fun. Posting a picture of herself looking super glam in all white, she wrote, 'Bored selfie on the boat, because I can't jetpack or jet ski.'

Kim's said in the past how Kanye, 38, completely overhauled her wardrobe when they first got together, saying, 'He went through my closet. He put everything he thought wasn't cool enough in a pile. I cried.'

She's since said she appreciates her rapper hubby teaching her about fashion, saying, 'I really trust his opinion.'

But friends say trying to keep up the sex appeal during



The reality TV star posted a selfie on Instagram looking bored

Instagram/kimkardashian



Kanye chooses Kim's outfits for her



Kim felt self-conscious in St Barts, while Kendall showed off her flat stomach

Pregnancy has taken its toll on Kim

nt and SSED!

pregnancy is taking its toll on Kim – who famously had a very difficult time when she was carrying her first child, North, now two.

'Kim works very hard to not only stay sexy enough for Kanye, but remain as high fashion as he demands,' says the source. 'He picks out a lot of her clothes and tells her to show off her pregnant body in very tight-fitting dresses. They're extremely uncomfortable.'

Having four drop-dead-gorgeous sisters with perfect bodies to compare herself to isn't helping Kim's self esteem, either.

'She was working out with Khloé and Kourtney on the beach in St Barts, and they've lost so much weight that Kim just felt like a balloon next to them,' says the source.

'She tries to stay positive and upbeat because she's carrying her son and that's a beautiful thing. But, some days, it just gets to her and she wants to crawl under the covers and stay in bed.'

COLEEN: MAKING TIME FOR THREE

With just five months to go until she gives birth to their third child, Coleen Rooney is fearful her two young sons with hubby Wayne Rooney will struggle to adapt to another baby brother or sister.

Friends say the pretty WAG is super excited about the couple's impending arrival, but worries about making sure she still has enough time for Kai, five, and two-year-old Klay.

Having admitted after Klay was born that she wanted another baby, Coleen said, 'I come from a large family and have always enjoyed having lots of brothers and sisters – and I want the same for my two. I'd love a big family.' However, the 29-year-old is worried about the impact the new addition will have on her very young family.

'Coleen's always wanted kids in quick succession,' says a source. 'But little Kai is just five and barely in school – he only started last year – and Klay is two. They both need so much from her, and she's worried about spreading her time between them with a newborn thrown into the mix.'

'The couple's eldest son Kai enters year one next month and his schooling schedule is already a busy one. 'He has homework, one-to-one reading, projects for school and clubs,' says a source. 'Not to mention the fact that Klay is a sensitive little soul and needs a lot of nurturing. He's a brilliant little lad, but adding another baby into the mix has left Coleen concerned about the boys and how they'll cope emotionally.'

'She knows they'll be absolutely fine but, like any mum, she just wants the best for her kids.'

Kelly Jenkins



The WAG is a great mum to her two sons



Coleen's worried about how the family will cope with the new arrival



Kai (left), Wayne, Klay and Coleen



JESSICA SIMPSON

GAINED: 4st 4lb
CRAVED: Pop Tarts
BABY NAME: Maxwell Drew
BABY WEIGHT: 9lb 13oz
DATE OF BIRTH: 1 May 2012
 Jessica, 35, 'really felt for Kim' after her own pregnancy. 'I was so insecure, I couldn't believe what I weighed.'



NATALIE CASSIDY

GAINED: 2st 5lb
CRAVED: Chicken and mayo sandwiches
BABY NAME: Eliza Beatrice
BABY WEIGHT: 8lb 15oz
DATE OF BIRTH: 24 September 2010
 Natalie suffered discomfort during her pregnancy. 'My baby pressed against my ribcage a lot and it really hurt!' said Natalie, 32. 'I just paced around moaning.'



DREW BARRYMORE

GAINED: 2st 12lb
CRAVED: Chinese takeaways
BABY NAME: Frankie
DATE OF BIRTH: 22 April 2014
 Drew, 40, struggled to love her post-baby body. 'After making two babies, holy cow, does your body do some crazy stuff. You feel like a kangaroo with a giant pouch, everything is saggy and weird,' she said.

THE PREGNANCY diaries

With Kim Kardashian West struggling with her baby bump, here are other celebrity mums who've battled with theirs



KIMBERLEY WALSH

GAINED: 3st
CRAVED: Spicy food
BABY NAME: Bobby
BABY WEIGHT: 8lb 4oz
DATE OF BIRTH: 4 September 2014
 New mum Kimberley, 33, said, 'I'd love to have lost two stone but it's just not the case. The first stone came off quickly but the rest has been a lot slower. Nothing worked for a long time.'



FRANKIE BRIDGE

GAINED: 3st
CRAVED: Strawberries
BABY NAME: Parker
BABY WEIGHT: 7lb 13oz
DATE OF BIRTH: 18 October 2013
 'It was the first time I felt out of control of my own body. I got water retention and none of my shoes would fit and if [husband] Wayne squeezed my leg he'd leave a handprint,' said Frankie, 26.



MARIAH CAREY

GAINED: 5st
CRAVED: McDonald's
BABY NAMES: Monroe and Moroccan
BABY WEIGHT: 5lb 3oz & 5lb 6oz
DATE OF BIRTH: 30 April 2011
 'I had pre-eclampsia and gestational diabetes,' said Mariah, 45, of her difficult pregnancy with twins. 'It was the best and worst thing I ever had to go through.'

F&F

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KATIE TURNS THE TABLES ON *jealous Kieran*

Katie Price has given Kieran Hayler a taste of his own medicine, and he's not happy...

Katie Price hasn't exactly held back in her new reality show, and it's left husband Kieran Hayler fuming.

Discussing ex-hubby Peter Andre on Channel 5 documentary *Katie Price: In Therapy*, the star suggests that they could have been 'together forever' if they hadn't been in the limelight.

'I idolised him and he did me,' Katie, 37, said last week. And the comments did not do wonders for 28-year-old Kieran's ego.

'Kieran is far more insecure than people think, and it drives him mad when Katie constantly drags up Pete. He says her latest Pete obsession on TV is humiliating him,' explains our insider.

Katie and Pete, 42, were married for nearly four years and have children Junior and Princess together. And, though Pete married new wife Emily MacDonagh in July and Katie and Kieran got hitched back in 2013, the former stripper is still feeling paranoid.

'Kieran had strictly banned Katie from talking about Pete,' says our source. But then he got wind of Katie's TV revelations, and he was less than pleased.

'He feels like she betrayed him and made Pete sound like the love of her life! He was livid.'

Katie, however, sees Kieran's jealousy as a refreshing turn of events. After all, she had to deal with his affairs with two of her best pals in 2014.

'Katie has absolutely no regrets about talking so publicly about how much she loved Pete. She feels Kieran has no right to tell her what she can and can't talk about on her show, even though Kieran has really thrown his toys out of the pram,' adds our insider.

'From Katie's point of view, he turned her into a jealous wreck for over a year when he had the affair, so he should man up and accept this.'

In fact, it could be said that Katie's quite enjoying how the tables have turned.

'On one hand, Katie wants to reassure Kieran because she is madly in love with him, but there's also an element of her enjoying how jealous and insecure he

Livid Kieran thinks Katie is obsessed with ex-hubby Pete



**Above: With Pete in 2006
Below: Katie's tearful TV appearance caused a stir**



is about her comments regarding Pete. It's like she needs to see Kieran jealous like this, so she can feel really wanted and desired.

'Katie knows it's not the best way to run a successful marriage,

but this is the first time since the affair that the roles have been reversed.'

As for Kieran, he's feeling increasingly jealous over Katie's feelings towards her ex.

'Kieran is understandably insecure when it comes to Pete. He sees a guy being really successful and charming and making loads of money, and can't help but think Katie must think he isn't as good.'

Hannah Doyle and Kelly Jenkins

BUT KATIE'S JEALOUS OF PETE, TOO...

Back in March, rumours circulated that Katie Price was going to be on the next series of BBC One's *Strictly Come Dancing* and she was super keen to take part, saying, 'Do you know what? I'd love to do the show - but they've never asked! So I'll stir the pot up and say, "If it's true, give us a call!"'

So, when Katie heard Pete had landed the gig, she wasn't happy. 'Katie is gutted Pete got the show and she didn't,' says a source. 'She knows that it's going to make him even more popular and that really grates on her. It couldn't be worse timing, because she thought she had really stolen a move on Pete by getting her own TV show, and now he has outshone her again.'

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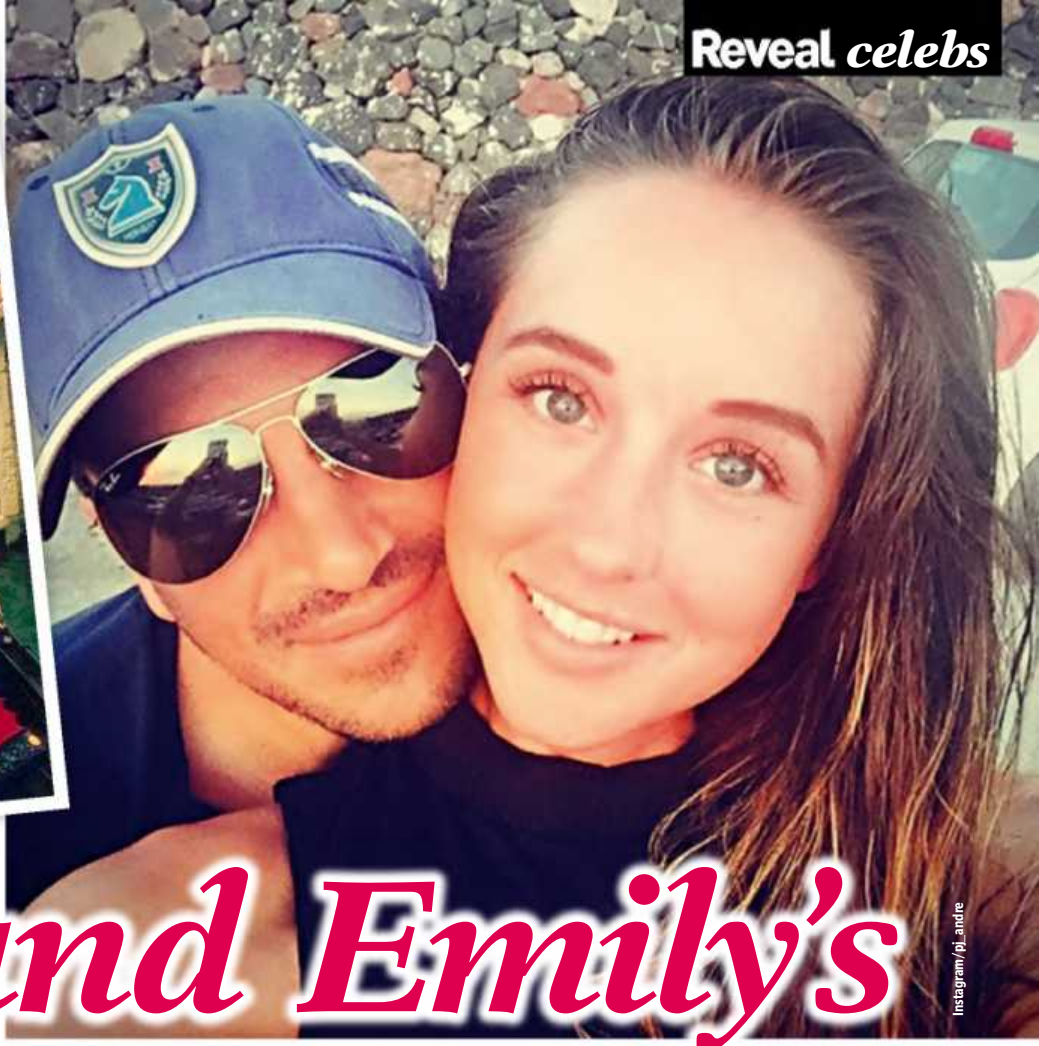
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Peter posted a series of gorgeous pictures of their trip on Instagram



Pete and Emily's HONEYMOON JOY

Escaping drama at home, Peter Andre and new wife Emily MacDonagh took off to Venice for a second honeymoon – and got a very special call from *Strictly*!

It hasn't been the most idyllic start to married life for Peter Andre and Emily MacDonagh.

Firstly, they were forced to delay their honeymoon because Peter was required to give evidence in a legal battle concerning ITV. Secondly, his ex-wife, Katie Price, has revealed intimate details of their former relationship on a new C5 documentary.

Katie Price: In Therapy, which aired on Friday night, saw Katie, 37, break down in tears as she told psychiatrist Dr Claudia Bernat that she thought her four-year marriage to Peter would last 'forever'.

The ongoing saga will culminate in a court battle on 25 January next year.

But last week, things brightened up for the couple. Firstly, romantic Pete whisked Emily off to Venice for a second honeymoon and 26th birthday treat. Then, it was confirmed that he'd landed a place on *Strictly Come Dancing*!

Peter, 42, posted a picture on Instagram with his gorgeous wife. 'Happy Birthday gorgeous one,' smitten Pete wrote.

He shared a photo of the picturesque canal and a typical Venetian gondola, captioned, 'From Venice with love.'

He also posted a picture of them on a bridge overlooking the water, joking, 'What a bunch of tourists! Oh well, when in... V'.

His fans showed support for Emily, with one saying, 'Nice to see you both so happy. Spoil Emily on her birthday.'

STRICTLY NEWS: PETER'S UP FOR IT!

It'll be a busy year for the pair, now that they're back home. While Emily returns to work as a doctor after her maternity leave, Peter's straight back in the recording studio after signing a reported six-figure deal with the Warner Music Group.

Then he'll be in tough training for the *Strictly* danceathon.

But Peter insists that he asked Emily first before signing on the dotted line.

'Guys, I wear the trousers, but she picks 'em for me! I mean, you have to ask permission,' he said. 'She's already sending me pictures of sparkly outfits.'

'I feel the time is right to give it a go – everything has just clicked into place to do it this year,' Pete added. Wish me luck, please... argh!

Lauren Hills



Katie, pictured with husband Kieran, recently spoke out about her relationship with Peter

HEADSTAND HOTNESS

There's a new craze sending the celebosphere heels over head – the headstand.

Yoga enthusiasts such as Michelle Keegan, Miley Cyrus, Chloe Green and Candice Swanepoel have all been uploading pictures and videos on their Instagram pages of them striking impressive upside-down poses.

Not everyone's amused by the craze, though, as model Cara

Delevingne said of her new hobby, 'I do headstands all the time, but I have people living below, and they get so angry [by the banging] that they slam things against the ceiling.'

Instagram/@angelcandices

Instagram/@michellekeegan

Heads down! Model Candice Swanepoel (left), Michelle Keegan (above) and heiress Chloe Green do the headstand craze

Instagram/@chloegreen5



Side boob sisters: Cheryl and Rita

THE BOOB FACTOR

It looks like Cheryl Fernandez-Versini has been taking style tips from her new *X Factor* colleague Rita Ora.

Chezza looked gorgeous in a black jumpsuit and showing plenty of side boob as she hung out in London last week.

Rita, 24, who's said to be getting on well with Cheryl on the TV talent show's judging panel, is also a huge fan of the fashion trend, and is often pictured out and about in a cutout top.

Meanwhile, Cheryl, 32, hit back at recent claims over her weight loss, saying, 'No, I'm not anorexic. I work 12 to 14 hours a day. I don't even have time at the moment to exercise – and I don't need to either.'





Penelope Disick (left) and North West meet a mermaid

'MERMAIDS ARE REAL!'

Kim Kardashian West made sure her daughter North, two, and three-year-old niece Penelope (Kourtney's daughter) had the best holiday on the Caribbean island of St Barts, by introducing them to this beautiful mermaid.

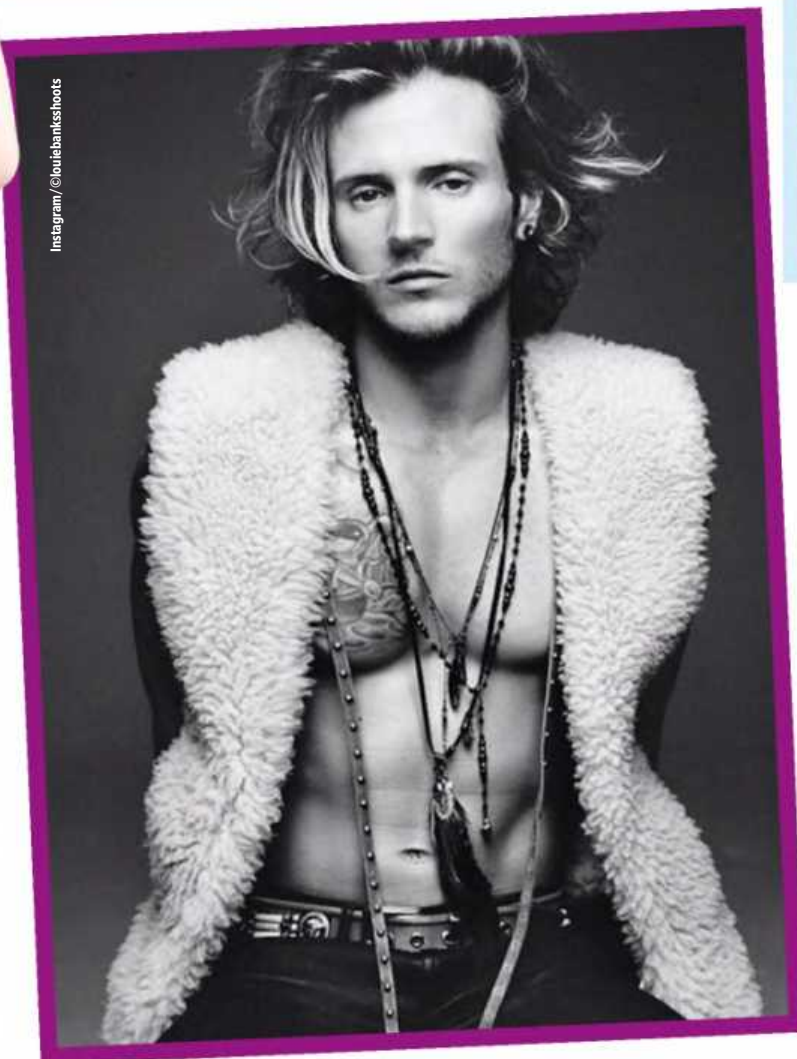
The cousins wore their own little mermaid costumes but

looked mesmerised at the real deal (ahem!) emerging from the water in front of them.

Reality TV star Kim, 34, captioned the Instagram snap, 'Little mermaids,' and posted another picture of the sea siren swimming, called 'Mermaids are real.' Who wants to tell her?



And Britney's at it, too! We want to know where we can get a mermaid tail!?



WHY WE'RE JEALOUS OF ELLIE

Multi-million pound singing career? Check. Gaggle of famous friends? Check. Oh, and then there's this...

Ellie Goulding's rather good-looking boyfriend Dougie Poynter stripped down to a pair of jeans for *Notion* magazine last week.

And to top it off, the McBusted star, 27, is so smitten with his singer girlfriend, he also reveals he's a big fan of her fashion choices, gushing, 'If I was a girl, I'd dress like her.'

Sigh.

Rebecca Greenow



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fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

NEW LOOK'S NEW AUTUMN LOOK

With model Line Brems – who has the likes of Fendi and Tommy Hilfiger under her fashion belt – as the face of New Look's autumn/winter campaign, there's no surprise the collection looks more high-end than high street. '70s prints and '60s cuts make these the ultimate wardrobe must-haves. I'm not one to wish away the summer, but with these hot new autumn drops, can you blame me? These beauties are in store and online now, so go, go, go!



- Coat, £49.99
- Jumper, £14.99
- Skirt, £14.99
- Tights, £2.99



- Dress, £22.99
- Belt, £3.99
- Ring, £4.99
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Dress, £29.99



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HEY, GIRL

I had to get my mitts on the new Ghost Girl fragrance, £46.50 for 100ml, as soon as I saw model and all-round style maven Charlotte Free was fronting it. She's put her bubblegum-maned mark on the campaign imagery, and the scent is as gorge as the snaps. Think flirty fruit notes like raspberry and green apple blended with warm tuberose and orange blossom. Sassy personality and too-damn-perfect waves not included!



Dops – she did it again!

Oh, gosh, Britney's all dressed up like an extra on *My Big Fat Gypsy Wedding*.

CELEBRITY YO-YO D



Most of us are prone to fluctuating with our weight. But why do we do it? Stress? Heartbreak? Or maybe because we're happy? We asked Anna Daniels, an expert from the British Dietetic Association, for her opinion on these celebrities' weight swings...

KERRY KATONA, 34

COMFORTABLE IN RELATIONSHIPS

Kerry Katona admits her biggest cause of weight gain is boozing, 'as the sugar gives me a big belly'. Since 1999, her weight has ranged between 14st and 9st, and before she married George Kay last year, she hit her goal weight of 9st 3lb, before recently putting it back on.

● Anna says, 'Kerry says she's often slim when she's single and then gets comfortable in a relationship. It's easy to eat bigger, 'man-size' portions if you're newly in a relationship. Ensuring you still keep track of your portions is important so that the weight doesn't slowly creep on. It's equally as important to keep eating during a break-up so your weight doesn't plummet unhealthily.'



Kerry's been struggling with her weight for over 15 years



CHARLOTTE CHURCH, 29

LOSES WEIGHT THROUGH STRESS

At her heaviest, Charlotte Church has been a size 14, but in 2010, she slimmed down to a tiny size 6 after splitting from rugby star Gavin Henson. Earlier this year, Charlotte, who's now a healthy size 12, said, 'I'd rather be fat and happy, to be honest.'

● Anna says, 'Charlotte relates slimness with stress, eating less when she's in a high-stress situation and enjoying food more when she's happy. It's a cycle you should try and break, especially if you're prone to high-pressure situations.'



Charlotte would rather be happy than skinny

DIETERS EXPLAINED!



CHANELLE HAYES, 27

COMFORT EATING

Former *Big Brother* star Chanelle Hayes is back on a diet after seeing these pictures of herself on her summer hols.

During a turbulent four-year relationship with Jack Tweed, which ended last year, she fluctuated between sizes 8-16, and says, 'Food is addictive, especially when you're depressed. Some people take drugs to get a high – it's the same for me with food.'

● Anna says, 'Chanelle's prone to comfort eating when she's depressed, not being mindful about what type of food she's eating and how much. It's very easy to overeat at this time, so taking up a hobby or doing some exercise if you are feeling low is a great way to overcome this.'

The former reality TV star went from size 8 to 16 in a year



GEMMA COLLINS, 34

BAD MEN, BAD FOOD

In May, Gemma Collins admitted she'd lost 3st in three months after having hypnotherapy to cut down on her food intake.

She enjoys being a plus-size role model, but her aim is to reach a healthier size 14.

● Anna says, 'Gemma's often on a diet and she recently said, "I was obsessed with bad food, bad men and bad choices." Working on trying to love herself would be beneficial to Gemma, as it may improve her relationship with food, too.'

No more bad decisions for Gemma...



Big or slim, the girls love him!

LEONARDO DiCAPRIO, 40

RELAXING WITH AGE

Heartthrob Leo DiCaprio knows he doesn't have to worry about weight – even at his heaviest, pictured above with a bit of a paunch and a rounder face, the Hollywood star can still be found surrounded by a bevy of supermodels.

● Anna says, 'Leo initially had to put on weight for a film role in 2012, where he had to stuff his face with cupcakes! Since then, he's struggled to lose it again, especially since nearing and turning 40. He's also a party animal, so this may have caught up with him weight-wise.'

Rebecca Greenow



MY FIANCÉ TOOK THREE BULLETS *to save my life*



Saera and Mat were enjoying a romantic break in Tunisia

Saera Wilson, 26, was shielded from a gunman by Mathew James during the Tunisian beach massacre

On the morning of Friday 26 June, we were stuck in our hotel room sorting out an urgent business issue. So it was 11.30am by the time we got down to the beach and claimed the last two sunbeds.

Just minutes later, we heard a series of loud bangs. It sounded like a firecracker – I thought it was some sort of entertainment laid on by the hotel staff.

Then, suddenly, a man was pointing a gun directly at me.

There was no time to think. All I felt was Mat flinging himself on top of me and pulling me to the ground. Then I heard the sounds again and realised they were gunshots.

My heart raced as Mat said, “Babe, I’ve been shot.” Looking down, I could see he was drenched in blood and his stomach had burst open. It was the most horrifying moment of my life.

Mat was telling me to run, to save myself so I could look after the kids. “Tell them I love them,” he said. There was no way I was going to leave him, even as he pleaded with me. I could still see the gunman, going from sunbed to sunbed, flipping them over with his foot and firing at the people hiding beneath.

But I realised Mat wasn’t going to

survive if I didn’t get him help. I told him I loved him and ran into the hotel next door, covered in blood and screaming for help. Then the gunman came in, opening doors to find more victims. I ran up the stairs and hid in a broom cupboard with others until the firing stopped.

When I got back to our hotel, it was carnage. The restaurant was full of bleeding, crying people and I couldn’t see Mat anywhere. I had no choice but to pull back the white sheets and examine the dead bodies, looking for my fiancé’s face. With each one, I became more hysterical.

Finally, a rep discovered Mat was in hospital, about to undergo surgery. I collapsed with relief.

He’d been shot three times – one bullet lodged just above his heart, one went straight through his left arm and the third had broken up in his stomach causing huge damage. Each bullet had missed a vital organ by millimetres.

When I finally saw Mat it felt like I could breathe again. Though I had shrapnel wounds, I didn’t leave his side, and 36 hours later we were flown to Cardiff Airport, where an ambulance took us to University Hospital Wales.

All I had was the bikini I’d been wearing at the time of the shooting and a top and shorts – a kind stranger had given me.

I spent another two-and-a-half weeks in hospital with Mat. The staff were brilliant, giving me a bed and food. By Tuesday, I felt able to leave him long enough to have a shower



Shot three times, Mat was flown back to Cardiff



‘**T**he fact we were in Tunisia on the day a crazed gunman stole the lives of 38 innocent tourists was down to the

toss of a coin. I hadn’t been on a proper holiday with my fiancé Mathew James, 30, in ages. We’d spent the past three years working tirelessly to make a success of our business, SAS Gas Solutions, as well as raising our daughter Tegan, six, and 16-month-old son Caden.

Things were going well and we needed a break. Unable to decide between Egypt and Tunisia, we tossed a coin. Heads for Egypt, tails for Tunisia. It was tails.

On 21 June, we left our little ones safe and happy with my parents near our home in Pontypridd and headed off for a two-week break at the five-star Imperial Marhaba Hotel in Sousse.

For five days, we enjoyed sun, sea and romantic dinners. It wasn’t often Mat and I got to enjoy some time alone. He’d proposed on Christmas Day, passing me a ring box from under the tree. There wasn’t a doubt in my mind, and we set a date for June 2017 to give us plenty of time to save.

and wash the dried blood out of my hair.

The kids came to visit us and, as we hugged them tight, I couldn't believe our little family was together again.

Now we're back home and Mat is slowly recovering. He's in incredible pain, on morphine, and it's likely he'll need further surgery.

We both suffer flashbacks and nightmares from the massacre. I could swear I'm right back there, hearing the gunshots and smelling the gunpowder.

I owe my life to Mat. That day, Islamic State gunman Seifeddine Rezgui killed 38 people in cold blood, 30 of whom were British. I could so easily have been one of them, if it wasn't for Mat's quick action. He is my hero.

After everything, we don't want to waste another moment before getting married. But with Mat unable to work, things are tighter than ever. So we were overwhelmed when we heard that some fellow gas engineers – complete strangers – had set up a Go Fund Me page, raising £14,000!

On top of that, we've been offered a wedding dress, shoes, DJ and a cake so we can get married once we've found a venue. It's incredible.

Of course, our hearts go out to all those families who lost loved ones that day. It's a sight we will never forget and it will always be a reminder of how lucky we are to be here – together.'

Jane Cohen & Su Karney



Mat and Saera back home in Wales with son Caden and daughter Tegan



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George.

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JENNIFER FLASHES HER WEDDING RING

Blushing bride Jennifer Aniston stepped out for the first time since her intimate wedding last week, as she attended the LA premiere of her latest comedy flick, *She's Funny That Way*.

As Jennifer, 46, showed off her gorgeous diamond-encrusted gold ring, she told reporters at the event that finally being able to call Justin Theroux her husband felt 'quite natural'.

The pair married in a private ceremony at her home in Bel Air, LA, and guests are said to include Ellen DeGeneres and Sia.

When asked about the secret nuptials, Jennifer said, 'We had the beautiful luxury of having a beautiful private moment and I'm going to be selfish and keep it that way!'



SUE'S SECRET HEARTBREAK

Great *British Bake Off* presenter Sue Perkins has expressed her heartbreak after losing her beloved beagle Pickle.

In an emotional open letter, Sue, 45, spoke of the 'unbearable pain' of having her 11-year-old pet put down due to cancer in January, and recalled how Pickle was a source of support when she discovered that she wouldn't be able to have children.

She wrote, 'You let me use your neck as a hankie... You were the peg on which I hung all the baggage that couldn't be named... When someone took a punch at me, you leaped in the air and took it...'

Sue has said she would consider adopting another pooch, as 'there are so many older dogs who need love'.



MEGAN & BRIAN SPLIT?

Megan Fox has reportedly split from her husband of five years, Brian Austin Green.

According to US reports, Brian, 42, is said to have called time on his romance with Megan, 29 – who has been spotted without her ring for two months – after a series of arguments over her 'obsession with getting roles'.

The couple, who are parents to Noah, two, and Bodhi, 18-months, were last pictured together in June.

Could this be the end of one of Hollywood's most gorgeous couples?

Katherine Parkes

I WANT what she's got!

We show you where the celebs have been shopping this week

PERRIE EDWARDS

Little Mix's Perrie nails nautical-chic at the Teen Choice Awards in this killer outfit. The bow detail crop top, tassel hem midi skirt and a slick of red lippie with nude barely-there heels is the perfect top-to-toe look.



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RARELONDON.COM
£35



MISSYEMPIRE.COM
£18⁹⁹

STEPHANIE PRATT

Fashionista Stephanie looks simply gorgeous in this porcelain print mini dress.

Adding a crisp white cape blazer, strappy heels and a clashing print chain handle bag is ticking all the right boxes. Thumbs up from us.



ROSIE FORTESCUE

Fashion gal Rosie shows us all how to transition from summer into autumn with this dark tie-dye print maxi. She keeps it sleek with layered jewellery, bouncy waves and adds a pop of colour with yellow statement shoes. We're loving your style, Rosie.

QUIZCLOTHING.CO.UK
£29⁹⁹





KENDALL JENNER

Miss Jenner may usually be spotted in the latest designer clothes straight off the catwalk, but she knows a must-have high-street buy when she sees one. These khaki dungarees look effortless with a white Tee and trainers, and you'll have change from a £20 note!

FOREVER 21
£18



MISS SELFRIDGE
£35

LYDIA-ROSE BRIGHT

Essex girl Lydia gets a 70s-inspired re-style with this broderie anglaise blouse and button-down denim maxi skirt combo. This ladylike look gets extra style points for the tassel clutch and a chic blow-dry. We love.



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BEN AND KRISTINA WIFE HITS OUT

Ben Cohen's estranged wife has been throwing shade on the former rugby player once again, blasting his rumoured romance with 2013 *Strictly Come Dancing* partner Kristina Rihanoff. Abby said, 'My husband, who I was with for 23 years, unconditionally loved and

was loyal to in every respect, has left me for a f***ing Russian dancer.'

'The past two years have been the most traumatic thing to ever happen to me. He's done the dirty on me. I want people to know.'

Ben and Abby broke up a year ago and at the time, 36-year-old Ben strongly denied that he was in a relationship with Kristina, 37. More recently, friends have suggested they are now an item, with Kristina's dance pal Robin Windsor saying, 'My hope for them is that they stick at it and go the distance just like any other couple.'

However, 37-year-old Abby, who has twin daughters with Ben, fumed, 'I don't want to cause stress or further damage by stirring things up. But I'm just trying to recover from what's been the most horrific time of my life.'



COUPLES CONFIDENTIAL

RONAN AND STORM TIE THE KNOT!

Ronan Keating and his new wife Storm Uechtritz celebrated their nuptials in a lavish Scottish ceremony last week.

With showbiz pals Dannii Minogue and Brian McFadden there to cheer them on, Ronan, 38, and 34-year-old TV exec Storm said 'I do' at the singer's favourite golf resort in East Lothian.

Ed Sheeran serenaded the newlyweds before Ronan and his Boyzone bandmates joined the crooner on stage.

The happy couple arrived in Scotland a few days early, enjoying some Champagne on their train journey north, and quickly set about getting in the party spirit.

Storm, who met Ronan when he worked on Australian *X Factor*, went for a manicure with her best girl pals at Harvey Nichols and couldn't contain her excitement. She said, 'Fab afternoon and fab experience, thank you so much #LoveThisTown #Edinburgh #WeddingPrep xxx'

And the day itself clearly went well. Brian McFadden tweeted, 'Last night had the best jam ever.' (At least, we don't *think* he's talking about fruity preserves).



FRANKIE AND WAYNE BOUNCING BABY BOY

Franksie Bridge and her footballer hubby Wayne welcomed their new baby son to the world last week.

Frankie, 26, took to Twitter to announce, 'Our gorgeous baby boy Carter Bridge was born this morning. He is absolutely perfect.'

Frankie and Wayne, 35, are also parents to Parker, who turns two in October. And it sounds like the little lad can't wait to take on big bro responsibilities, as The Saturdays singer added, 'Parker is so excited to be a big brother!'

Congratulations, you guys.

COUPLES CONFIDENTIAL

CAMERON AND BENJI, NICOLE AND JOEL DOUBLE DATE

Dating twins clearly isn't too confusing for Cameron Diaz and Nicole Richie, as the girls were happy to join forces with their other halves for a double date last week.

Cameron, 42, and her new husband Benji Madden, 36, were spotted cuddling up during the dinner in Beverly Hills, with one insider saying they were 'most affectionate'.

Meanwhile Nicole, 33, and her hubby of five years Joel – Benji's twin bro and fellow Good Charlotte rocker – were also in attendance. The pair have children Harlow and Sparrow, together... We wonder if the double daters discussed Benji and Cameron making babies, too!



HARRY AND IZZY IVF BATTLE

They're expecting their first child in January but it hasn't been an easy road for McBusted star Harry Judd and his wife Izzy Johnston.

Last week the couple opened up about undertaking fertility treatment, with Harry, 29, explaining, 'In an ideal world when you're ready to start a family you hope you will conceive in the first few months of trying. We were like, "No, no we won't need IVF, it won't be us." IVF was like something you didn't talk about. We thought it would be fine.'

But Izzy, 31, was diagnosed with polycystic ovaries in her 20s and, after the heartache of a miscarriage last year, she and 2011 *Strictly Come Dancing* winner Harry decided to enlist medical help in order to conceive.

The couple watched as the embryo was implanted and Izzy said, 'It was such a clinical environment, but there was still magic in the air.'

STEPH AND DAN 'WE'RE NOT TOGETHER!'

Steph Waring has denied reports that she's back with her ex boyfriend Dan Hooper.

Steph, 36, and personal trainer Dan dated for five years and have a four-year-old daughter, Lexi. Though they split in 2014, recent rumours suggested the pair were getting close once again.

However, *Hollyoaks* star Steph scotched the whisperings on Twitter, 'Reports today suggest I'm back together with Dan; this news is untrue, however we do have a positive relationship as parents to Lexi.'

Post-Steph, Dan dated *Corrie* actress Kym Marsh, and the couple were engaged until their relationship came to an end earlier this year.





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'I'VE BEEN IMMERSSED IN CHILD LAND AND *I've loved it*

Ahead of her return to *This Morning*, Holly Willoughby talks motherhood, her career and drinking with Phillip Schofield

In a world of celeb yummy mummies – who appear to juggle a screaming baby with a blossoming career, all the while strutting their perfectly toned bods – Holly Willoughby is a breath of fresh air.

There's no mistaking that the much-loved TV personality is drop-dead gorgeous, but the blonde bombshell, 34, still manages to come across as refreshingly 'normal' to us mere mortals.

She's often spotted out and about wearing a tracksuit and sporting a messy hairdo (thankfully, the rest of us don't get papped!) and, when the youngest of her three children, son Chester, was born last September, mum-of-three Holly described the first six months as a 'nightmare'.

'It was like having my first,' she sighed, explaining how he had suffered from 'bad reflux' and 'tongue-tie', a condition where a tight piece of skin between the tongue and the base of the mouth can affect feeding.

But, after 10 months of maternity leave from *This Morning*, Holly is now headed back to the ITV studio to rejoin her fellow host, Phillip Schofield, 53, whom she describes as, 'naughty, an oracle – my go-to guy'.

'I have been immersed in child land and I've loved it,' Holly says.

'My daughter, Belle, starts school in September so, really, it was her last year of being around every day after nursery.'

'It's been lovely to have that time together, too, but I feel ready to go back to *This Morning* now!'

NIGHTS OUT WITH PHIL

Like rivals Ant McPartlin and Dec Donnelly, Holly and Phil can't be kept apart for too long – the pair even met up in Portugal over the summer with their families.

But Holly, who has three children – Harry, six, Belle, four, and Chester, with husband-of-eight-years Dan Baldwin, a producer – admits she can't handle as many holiday cocktails as she used to...

'I reckon Phil is the boss of handling tequila at the moment,' she laughs.

'He took me out over the summer and we had margaritas. I had never felt so ill in my entire life afterwards – and I used to drink those a lot. I might be out of practice!'

She adds, 'I've missed seeing Phil every day and catching up on what's going on in his life, although we've had a few nights out – and a few lunches that have turned into nights out!'

'I've missed *This Morning*, too. I watched it a lot during the early stages, when Chester was really tiny and I was feeding a lot and just sitting on the sofa.

'And the cooking! They don't feed me at home, so I needed to come back just to be fed!' Holly jokes.

HELPING OUT OTHER MUMS

When talking about the show she's been presenting for six years, it's clear Holly loves her day job.

And, this year more than ever, she plans to bring some fresh ideas to the studio sofa.

Although she argues that Phil is the show's fountain of knowledge, Holly hopes to impart some of her own lessons to their one-and-a-half million-plus viewers.



The mum-of-three with hubby Dan and new baby boy Chester



Holly says Phil handles a margarita better than she can these days!

'Most of it is baby-based,' she says.

'The thing about baby items is that there's so much conflicting advice, and I think that's why people shy away a bit.'

'Parents are sometimes a bit bamboozled by it all, but that's why there's even more reason to do it and test it ourselves.'

Laughing, she adds, 'I mean, ask me a question about the *Ben 10* kids' show and I'll know everything.'

Holly also shares the best advice she's learned from motherhood so far – and, thankfully, it doesn't involve vegan, organic, gluten-free and holier-than-thou baby food (we're looking at you, Gwyneth!)

'I think the biggest thing I've learned is just to give yourself a break,' Holly says.

'We're all so worried about doing everything perfectly. Actually, all they need is your time and your love. I know it sounds ridiculous, but it's true.'

Lauren Hills

Phil and Holly return to *This Morning* on 1 September, 10.30am on ITV. Visit itv.com/thismorning.



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I've learned is just
to give yourself
a break'*

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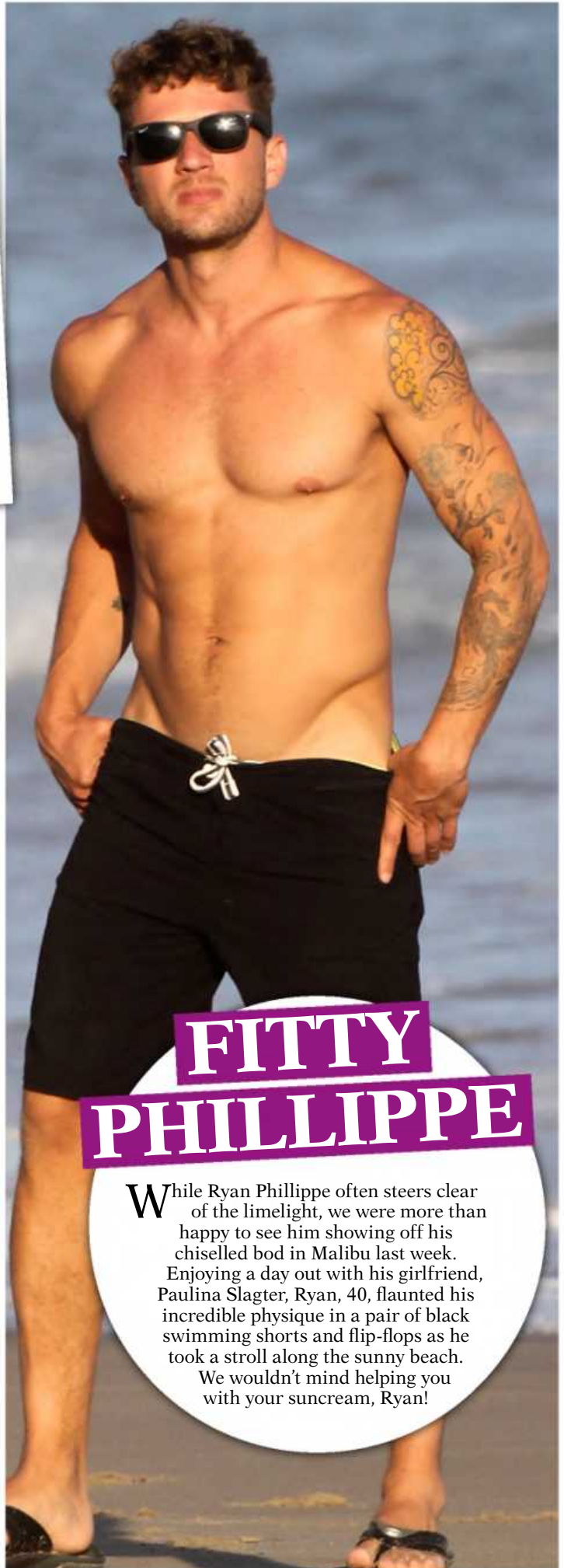
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HELEN'S THREE-DAY LABOUR

Helen Flanagan has opened up about the 'intensely painful' birth of her first child with long-term boyfriend Scott Sinclair. The ex-*Corrie* actress, who was almost two weeks overdue and endured a three-day labour, said, 'Matilda was in the back-to-back position, which made it even more painful.'

But Helen insisted that seeing her new six-week-old daughter, Matilda, for the first time made the whole experience worthwhile. 'I couldn't keep my eyes off her,' Helen, 25, gushed. 'She's a dream come true. I was staring up at Scott and Matilda thinking, she's my world. I'm completely obsessed by her.'



FITTY PHILLIPPE

While Ryan Phillippe often steers clear of the limelight, we were more than happy to see him showing off his chiselled bod in Malibu last week. Enjoying a day out with his girlfriend, Paulina Slagter, Ryan, 40, flaunted his incredible physique in a pair of black swimming shorts and flip-flops as he took a stroll along the sunny beach. We wouldn't mind helping you with your sunscreen, Ryan!



CHARLOTTE BLASTS MARK!

Outspoken *Geordie Shore* star Charlotte Crosby has blasted ex-*TOWIE* star Mark Wright, claiming he has 'no personality'.

Speaking last week, Charlotte, 25, said of Mark, 28, 'I don't know why, but people bow down to him as if he's some kind of king, when really he's quite sh*t and he doesn't have much of a personality! Why does he keep getting work?!!' Meow!



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Lisa brings new meaning to 'I'll just pop the kettle on'

Would you brave THE VAJACIAL?



Vagina facials have become the latest beauty craze among celebs who want to look just as good beneath their clothes as in them. Nilufer Atik discovered what all the fuss is about...

I've never spent a fortune on beauty. A decent haircut for me usually involves asking a mate to 'trim the ends off' with a rusty pair of scissors. And when a colleague recently mentioned a new type of 'dermabrasion' treatment, I thought she was talking about a toilet bleach, not a skin scrub.

Gel manicures, mud wraps and brow threading – these

have always been alien phrases to me. So it was hardly surprising that I'd never had a treatment 'down there' either. Until last week that is, when I sampled the latest craze in feminine pampering – the 'vajacial'.

It was *The Only Way Is Essex* lot who first piqued my interest. After bringing us the glitzy vajazzle (which involves adorning the pubic area with

crystals or glitter), I heard that the likes of Gemma Collins were now fans of this new makeover for your minnie, too.

The vajacial – also known as a 'vacial' – treatment promises to do for the vagina what a Clarins facial can do for the face. So, in need of a little pick-me-up, I contacted its inventor, Lisa Palmer, to try it for myself.

Dating expert Lisa, 41, from Kent, developed the £100

Nilufer finds out if it's all just fannyng about



Things get a little steamy between Nilufer's legs

A little egg-white-and-honey concoction has her nether regions rejuvenated in no time!

treatment two years ago to help women feel more fresh and youthful down below. 'Women would come to me for dating advice and end up talking about sex and how they felt about their vaginas,' she says. 'We tend to forget our nether regions, thinking a wax is enough. But as we age, it can get a bit wrinkly and dry.'

She started researching natural remedies from the Far East and concocted her own DIY vagina rejuvenating routine, which she now offers to clients.

The self-confessed cougar tested the treatment on herself and said the results were astonishing. 'Men said I had the vagina of a 25-year-old,' she claimed.

'Could I turn back the years, too?' I wondered. Well, I was about to find out.

My session with Lisa began with a 15-minute steam to open the pores. With just a towel covering my modesty, I shuddered as she directed what looked like a plastic kettle between my legs. 'Tell me if it burns,' she smiled, as hot steam began hissing towards my privates. I gulped. But surprisingly, it actually felt

quite nice. Then Lisa produced a wooden massager and began rolling it over my inner thighs and pubis. 'This is to get the blood going,' she explained.

Apparently, the steam would remove dead skin cells, release toxins and tighten the area, while the massage improved circulation, making the vagina look younger. 'The skin can become damaged due to waxing and pulling,' Lisa told me. 'This process helps maintain elasticity.'

Finally came the special moisturising mask, made up of honey, coconut oil, egg white and vitamin E. The sticky, slimy substance felt very odd at first. But once it dried, it wasn't very different to having a clay mask on my face, except it didn't crack when I smiled!

It was removed with rose water and then, after an hour, I was done. I must admit, it did look a lot smoother and softer.

I left Lisa with a slightly lighter spring in my step, safe in the knowledge that if I got hit by a car on the way home and rushed to hospital, I had nothing to be ashamed of.

For more information visit vaginafacial.co.uk

DIY VAJACIAL

Lisa Palmer shares the recipe for a smooth vajayjay...

It was refreshing to have all these gorgeous young guys interested in me after my divorce,' says Lisa.

But while she had religiously looked after her skin, spending a fortune on face creams and facials, Lisa noticed she wasn't as 'glowing' in one area. 'I'd look down at my minnie and it seemed older than the rest of me - dry and wrinkly,' she explains. 'I realised then that I'd neglected that area for many years.'

Lisa contemplated labiaplasty surgery to make her vagina look younger, but was frightened of going under the knife.

Then she read that celebrities like

Gwyneth Paltrow liked to steam-clean their vaginas to improve appearance and rebalance female hormones. She discovered natural remedies like Vitamin E cream, which wards off dryness, and coconut oil, which has anti-bacterial properties.

From these, she created her own unique vaginal masque recipe, designed to tighten, brighten and smooth, as well as prevent ingrown hairs after waxing. 'It felt odd at first because I wasn't used to paying such close attention to that area, but then I did it once a week and noticed the difference,' she says. 'The dryness went away and I felt a lot tighter. The skin was also incredibly soft.'

TRY A WEEKLY DIY VAJACIAL IN THE COMFORT OF YOUR OWN HOME BY FOLLOWING LISA'S RECIPE:

- 1 tsp of coconut oil
 - 1 tsp of vitamin E cream
 - 1 tsp of honey
 - 1 egg white
- Mix together in a bowl. Heat in a microwave for 20 seconds

and then apply to the vagina after steaming it (carefully) for 10 minutes over a bowl of hot water.
→ Leave in place for 15 minutes and remove using rose water on a soft flannel.

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Amy is Will's carer after a brain haemorrhage left him with memory loss and without the use of his left arm

I BECAME MY BOYFRIEND'S *carer overnight*

Amy Perring, 23, put everything on hold to nurse boyfriend Will back to health

'Most couples spend their free time going out for drinks, eating out and taking romantic walks. But just 18 months into our relationship, I was cutting up my boyfriend's food and helping him get dressed each morning – not what you expect to be doing at 21, with your whole life ahead of you.

But this came out of the blue. My boyfriend, Will Wood, had suffered brain damage, and I'd become his carer.

I met Will in Dublin on Valentine's Day 2012. My uni friends and I had gone over to escape the slushy couples on campus but typically that's when I found love.

I was studying drama in Twickenham, while sports-mad Will, now 32, was a sports

reporter for a newspaper in Gloucester. Time flew by, and on our first anniversary we went to Jersey for a romantic break. But weeks later, in March 2013, Will was found unconscious beside his car after suffering a brain haemorrhage.

At the hospital in Bristol, medics told us to prepare for the worst. After emergency surgery, machines were breathing for Will and I was told he may never wake up.

I stayed with friends in Bristol so I could be by Will's side. Every day I sat and talked to him, reading the gossip column from the newspaper. I knew it would annoy him, so I hoped he'd wake up to tell me to stop. Sometimes he'd make the slightest movement, lifting his hand or waving a finger, which gave me hope.

For the next 25 days, doctors made several attempts to bring Will round. Every so often he opened his eyes until one morning he reached for a piece of paper and pen. His writing was scrawled, but I could make it out: I love you, Amy.

They're the best four words I've ever seen.

Doctors ran countless tests and discovered damage to the right side of Will's brain. It meant he couldn't use his left hand and it would affect the sight in his left eye, too.

Over the next five months I watched as Will learnt to walk again. We talked about how he'd need help once he was home and I decided to move in to his flat in Cheltenham when he was discharged that August. "It's a huge responsibility," Will's mum told me. But there was no doubt in my mind. I'd do anything for him.

However, I didn't want to feel like his carer or nurse rather than his girlfriend or make Will feel needy. So, I cut up his food



Will and Amy in 2012; Will after emergency surgery; and fridge notes to help him remember



out of sight, while dishing up dinner in the kitchen. And I made jokes as I shaved his face. "OK, you're done," I'd laugh, after doing just one side.

He also suffered memory loss, forgetting where items were around the house. He'd ask the same question over again, so I stuck Post-Its up to remind him.

Some mornings Will couldn't get out of bed. The drugs to prevent seizures slowed his brain down, zapping him of energy. At times, frustration would get the better of him and he told me to leave. "That's not happening," I told him, firmly.

Of course, there were times I felt down. "You're allowed to cry and get angry," Mum told me. But I tried not to let it show. Occasionally, I'd look at friends getting married and feel a pang of jealousy. But then I remembered how lucky I was to have found Will, who bought me flowers every Friday and made me countless cups

of "thank you" tea.

On top of that, Will wanted me to start my teacher training, which I'd put on hold. I couldn't bear the thought of leaving him but he was adamant. So I enrolled, and his mum took on my role at home.

But I missed Will too much – he was on my mind constantly – so I quit after a week and vowed to return to it in the future.

With time, he grew more confident walking and even joined the gym to strengthen his muscles. Then in August last year, he started going to Headway, a charity that helps people who have brain injuries. The lessons helped his memory so much that four weeks later he started back at the newspaper, doing two mornings a week.

The same month, Will's sister, Laura, nominated me for Headway Carer of the Year Award to thank me for what I'd done. Overwhelmed, I burst into tears. There

was never anywhere else I wanted to be but with Will, no matter how hard it was at times.

A year on, I started teacher training and, this September, while continuing to care for Will, I'll begin working at a primary school. Caring is a full time job. I have so much empathy for other carers. I wish there was more support for them.

I love seeing the progress Will's made and feel a sense of pride that I've helped him. It makes it all worthwhile. It breaks my heart to think of those caring for loved ones who will never get well. There are so many that put their lives on hold and live in a bubble, coping on their own.

In the end, Will and I have managed to get back to a "normal" version of our lives. We're the lucky ones.'

Vicky Burt & Su Karney

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'I WON'T LET MY BREAK-UP WITH JOSH DESTROY ME'

After Josh Shepherd cruelly ended their romance on last week's *Made In Chelsea*, Stephanie Pratt is ready to move on...

They were one of the most loved-up couples on *Made In Chelsea*, after meeting last year and dating for seven months.

So when fans of the E4 show saw Josh Shepherd dump Stephanie Pratt without any real reason last week, after months of discussing marriage and an LA move together, it's safe to say we were shocked.

But while Steph, 29, was clearly dumbfounded by her cold-hearted ex's decision to end things just two weeks after he was browsing engagement rings – she's now ready to move past their sudden split.

'Of course I was devastated when Josh and I broke up, but we split for a reason and I'm excited to see what that was,' Steph says with a smile. 'I was making so many plans with this guy, and look where it got me. I'm not going to let it destroy me – it's made me stronger.'

And despite having suffered two rocky break-ups with both Josh and *MIC* lothario Spencer Matthews in 2013,

Steph insists she wouldn't rule out dating another Brit.

'I'm not put off British guys; I do still think they're very charming,' Steph admits. 'But, for now, I'm just

focusing on living in the moment. I'm definitely done crying for a while!'

MOVING ON FROM THE PAST

Steph hasn't always had it so easy. At 14, she got addicted to crystal meth, having been led to believe it was a different form of her prescribed ADHD medicine. And as she struggled with ADHD, depression and eating disorders, she started taking up to 13 hits a day, in a habit that haunted her up to her early 20s.

Then, in 2006, 21-year-old Steph was arrested for stealing £2,555 worth of goods from a store while working as a production assistant on US sci-fi show *Lost*. 'I was so out of it, I didn't even recall shoplifting, or how

I landed in jail,' Steph admits. 'I was there four days, constantly looking for my next hit.'

But after stints in rehab and with the help of her parents and big brother and 'best friend' Spencer, 32, Steph, who still takes antidepressants daily, says she'll never revert to old ways.

'Right now is the best time of my life,' LA-born Steph says. 'I feel so comfortable in my own skin. All my secrets are out, and I'm just excited for this turning point in life. I've moved back to London a single girl, and there's loads to look forward to.'

***Made in Reality*, Stephanie Pratt (Headline, £16.99), out now**

Katherine Parkes



Her split from Josh came as a shock

But now Steph can't wait for the next phase of her life



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TEAM CAT

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TEAM DOG

Leigh-Anne, 23, looks like she's taken her pug puppy, Harvey, out for a stroll in her pocket with this kitsch T-shirt. Get the look with this PJ top below.



LEIGH-ANNE PINNOCK



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- » Sunglasses, £7.99, New Look

Summer KICK

Poolside glam or cocktail hour, this summer's style is all about simple and chic – one-piece wonders, neutral tones and glam details

- ▶ Top, £6.99, New Look
- ▶ Skirt, £32, River Island
- ▶ Sunglasses, £2, Primark
- ▶ Necklace, £12.50, Diva at Miss Selfridge

VERY.CO.UK



*Fashion delivered
free next day*



- » Dress, £34.99, River Island
- » Bag, £15.99, New Look
- » Heels, £34.99, publicdesire.co.uk
- » Sunglasses, £7.99, New Look
- » Bangle, £12.50, Freedom at Topshop



- » Top, £38, lavishalice.com
- » Trousers, £35, Jane Norman
- » Sunglasses, £5.99, New Look
- » Earrings, £3.99, New Look



- » Dress, £48, lavishalice.com
- » Heels, £25, F&F at Tesco
- » Necklace, £25, Freedom at Topshop

*blended for
beautiful hair*



**BLENDED FOR SMOOTH, SLEEK HAIR
INFUSED WITH ARGAN OIL & JASMINE EXTRACT**

Styling: Lucy Moon Photographer: Paulo Vieira
Shot at The Beach Star Hotel Ibiza, for bookings visit www.thebeachstaribiza.com



White Dress, £39, Miss Selfridge
Sunglasses, £16, Topshop



Dress, £135,
Tori Michaels
Necklace
(worn backwards)
£25, Freedom
at Topshop



Sleeveless
blazer, £22.99,
New Look
Swimsuit, £25,
Missguided
Belt, £5,
Primark
Sunglasses,
£7.99, New Look
Necklace,
£12.50, Freedom
at Topshop

CHEAT YOUR *thickest hair ever!*

From a spray that boosts strand size to a serum that makes locks grow faster, the latest volumising buys make big promises, but which really work?

NEW WONDER WORKERS



GROW GORGEOUS HAIR GROWTH SERUM INTENSE, £45

THE CLEVER BIT: This is a more potent version of the brand's sell-out original barnet-boosting elixir. It contains the super ingredient, bio-active pea sprout complex – which encourages more hairs to stay in the growing stage for longer. It's packed with other hard-working follicle-enhancers, too, and despite the high-science formula, it boasts a gorgeous scent.

OUR VERDICT: Wow! It didn't take long for our testers to see results. Some experienced a boost within a week, while others saw changes within three. 'I can tell there's extra growth as my roots needs re-colouring more regularly! And my scalp's less visible,' raves one reviewer. Although pricey, the bottle is supposed to last two months, and, if you've tried everything else and failed, it's a smart investment.

CHARLES WORTHINGTON THICKER & FULLER SCALP TONIC, £7.99

THE CLEVER BIT: Talk about getting bang for

**MOST
POWERFUL
FORMULA**

**HIGH-
TECH, LOW
PRICE**

your buck! The technology behind this is incredible, featuring a powerful pea sprout like the one used in the Grow Gorgeous serum. While the daily scalp treatment focuses on the long-term, it's designed to be paired with the new Thicker & Fuller Shampoo and Conditioner, £6.99 each, that gives a visible boost after one wash.

OUR VERDICT: Impressive – our testers noticed changes within a month. 'My hair feels thicker at the parting and crown – everything just looks a lot healthier and it's really soothing on my scalp,' explains one. For the price (a little goes a long way), it's a worthwhile add-on to any haircare regime.

KÉRASTASE MATERIALISTE THICKENING SPRAY, £19.50, KERASTASE.CO.UK

THE CLEVER BIT: L'Oréal has blown us away with its hair-thickening products of late – it's all down to the cutting-edge technology it uses. This one boasts a magic formula that creates a strong coat around the hair, increasing the diameter of each strand. It offers heat protection, too.

OUR VERDICT: Boosting up-dos is this product's super-power, think bulking out buns, pumping up plaits and adding height to ponytails. 'I spritzed it onto my hands then ran it through towel-dried hair.

The effect is similar to that of a salt spray but with a glossier finish,' one tester comments.

**MAKES
UP-DOS
EASIER**



PANTENE EXPERT COLLECTION HAIR STRENGTHENING PRIMER WITH PALTINIA, £14.99

THE CLEVER BIT: After clocking up an incredible amount of lab time, beauty boffins at Pantene HQ conjured up this ground-breaking daily treatment that focuses on preventing breakage. Using ingredients usually found in top anti-



**USES
SKINCARE
INGREDIENTS**

ageing skincare, it makes strands more flexible so they don't snap as easily – think of a bendy ruler as opposed to a rigid one!

OUR VERDICT:

This was more 'repairing' than 'thickening' but it transformed our testers' tresses almost immediately. 'It was bouncier at the roots but smoother through the lengths,' says one. 'My hair felt stronger, shinier and more manageable within days.

And, I noticed fewer hairs falling out in my brush,' agrees another. If you're plagued by damage and flatness, it's for you.

MORE 'BIG BARNET' TRICKS



'I'm shocked at how many women still apply conditioner at the roots. Pop it on the ends only, and you'll instantly see a difference in volume,' comments Rita Ora's hairdresser and Remington session stylist Chris Appleton.



'Wearing the same parting all the time can cause hair to lay flat on one side. Switch it over for extra lift in seconds,' reveals award-winning hairdresser Charles Worthington.



'Backcombing's brilliant for sending locks sky-high, but I boost the effects using straighteners,' reveals Chris. 'Clamp your backcombed section of hair (this should be a couple of inches, right near the roots) using Remington Silk Hair Straightener, £89.99. Leave to cool, then gently brush out for body that stays put all day,' he explains.



'Long layers give the illusion of extra thickness. Ask your hairdresser to use a technique known as "square" or "inversion" layering,' advises Kieron Fowles, creative director at Regis (regissalons.co.uk). And colour? 'Rich, glossy hues are best. To enhance the effect, ask for a deeper colour underneath,' he says.

BRIGHTER BLONDE



Prime, tone and shine with the new 3 step regime

Touch Of Silver's **active violet pigment** instantly banishes brassiness and visibly enhances blonde hair. For a **brighter blonde** in just one wash.



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PRO:VOKE
PROFESSIONAL HAIR CARE

**TOUCH OF
SILVER**



Amber on... *New nude nails*

The neutral mani's back with a bang, but which way will you work the trend? From Kylie Jenner's 'It' talons to the catwalk favourite, I've got all the tricks

LONG & LUXE

No one does nude like the Kardashian klan! Cheat Kylie's glossy, claw-like tips with **Elegant Touch Totally Bare Stiletto 003, £4.65 for 48**, then finish off with your complexion-boosting polish.

Instagram/kyliejenner



Fair-skinned like Kylie? Soft creamy pinks are most flattering. Above she's rocking **Essie Gel Nail Polish in Riviera Chic** (only available in salons), but **Essie Nail Polish in Ballet Slippers, £7.99**, is similar.

When Revlon launched a limited-edition nude collection two years ago, one shade was so popular, it's back as **Revlon ColorStay Gel Envy Longwear Nail Enamel in Perfect Pair, £6.99**. It's great on medium skin tones. Prefer a true beige? Go for **OPI Original Nail Envy Nail Strengthener in Samoan Sand, £19.50**.



Dark complexion? **Rimmel London Salon Pro with Lycra By Kate in Sensual Spice, £4.49**, has a hint of shimmer that'll lift your skin tone. Finish with **Sally Hansen Gel Shine 3D Top Coat, £6.95**.

The nude that suits all

Baffled by all the shades? **Nails Inc Nail Polish in Porchester Square, £14**, is one of the brand's best-selling colours of all time – Beyoncé loves it.

A TOUCH OF GLITZ

Prefer a shorter nail? Channel the Delpozo autumn/winter show (a hit with Olivia Palermo), where models worked naked talons with a stripe of shimmering gold.



Lashings of cuticle oil will make your natural nail look healthier. Manicurist Jenny Longworth for Revlon, who counts Rihanna as a client, keeps hers on her car dashboard, popping it on whenever she's stuck in traffic. Try **Gosh Nail and Cuticle Oil, £4.99**.

Celebrity manicurist Glenis Baptiste, who's worked with Cheryl Fernandez-Versini, swears by **Micro Nail, £29.99**, for buffing away stains and dryness.

Add a coat of **Maybelline Dr. Rescue Base Coat CC Nails, £2.99**, which acts like an Instagram filter for nails. Then draw a line with **Color Club Striper Pen in Gold Glitter, £4.99**, sallyexpress.com. Shaky hands? Add sparkle with **NPW Nail and Cuticle Tattoos, £3.99**, asos.com, instead.



MARKS & SPENCER



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NEW LOOK





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ZARA



RIVER ISLAND



MISS SELFRIDGE





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- › Culottes, £63, C/MEO
- Collective at overmybody.com
- › Shoes, £69.99, Zara
- › Ear cuff, £6.50, Miss Selfridge
- › Clutch, £65, Matt & Natt
- › Rings, £7.50, Topshop

DOROTHY PERKINS



£12



£28

*Sixties
style*



£28



£39

A Reveal promotion

Oooops!

MOMENTS COVERED

Don't let little leaks get you down – lights by TENA let you live your life with total confidence



Little leaks are nothing out of the ordinary. In fact, you may be surprised to find out that 62 per cent of women in the UK have experienced light bladder weakness* at one time or another.

Tailor-made

lights by TENA is a range of purpose-made products designed to give you the confidence to get on with your day, without having to stress about those little 'Oooops! moments' that happen when

you laugh, cough or sneeze.

Depend on lights by TENA

Whether a little leak strikes on a night out with the girls, during an exercise class or on the hectic school run, lights by TENA has a liner for you. All lights by TENA products contain unique FeelFresh Technology™, which combines a quick-dry topsheet and innovative distribution layers to effortlessly lock in moisture and control odour for the ultimate security and protection, to ensure you feel fresh and dry all day long.

The new lights by TENA Ultra Towel

The most absorbent product in the range, making it perfect if you want extra security. It looks and feels like regular sanitary protection, for incredibly discreet protection that absorbs twice as fast as ordinary ultra towels**.



ORDER A FREE SAMPLE

For ultimate confidence, the new lights by TENA Ultra Towel, RRP £1.99, offers discreet protection. Order your free sample at lightsbyTENA.co.uk

**vs other Ultra Towels Normal within the UK market

THE LIGHTS BY TENA RANGE

- **lights by TENA Light Liner** – the smallest product in the range, and the first micro-mini product of its kind. Designed for women who are used to wearing regular panty liners, it's no thicker than a nail file, but is hugely effective.
- **lights by TENA Liner** – designed for women who prefer a regular liner. It's shaped to fit your body, and is incredibly discreet, at only 3mm thick.
- **lights by TENA Liner (Single-wrapped)** – this has all the properties of the liner, but is individually wrapped for discretion, making it ideal to pop into your handbag.
- **lights by TENA Long Liner** – specifically designed for women who prefer the reassurance of a longer liner. The same thickness as the liner, but the longest in the range, while still being very discreet, comfortable and fast-absorbing.



*lights by TENA survey 2013, of 1,000 women in the UK



Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

WHAT'S WITH MY TICKER?

Sometimes I get very aware of my heart beating. Is this a sign of anything serious?

Samantha, Hertfordshire

If the pulse is regular, then usually not. Anxiety, caffeine, chocolate, cheese, cigarettes and alcohol can all make you aware of your heartbeat. Some prescription drugs for asthma and heart disease can also cause palpitations. If you have any other symptoms, such as shortness of breath, chest pain, dizziness, irregular pulse or loss of consciousness, or you feel otherwise unwell, see your GP. Also, cut down on any triggers, while trying relaxation techniques and slow breathing, and see if this helps.



Trust me – I'M A DOCTOR

In health terms, is it better for your body to be shaped like an apple or a pear?

Melanie, Worcester

So far as your health goes, it's better to have a narrow waist and a shapely bottom (making you a pear) than to have a large waist (you're an apple). In a study of 400,000 people, for every 5cm of waist expansion, a man's risk of early death went up by 17 per cent and a woman's by 13 per cent. Fat around your waist also gathers around your internal organs and increases your risk of diabetes. Generally, health pundits say that your waist circumference, measured at roughly the level of your tummy button, should be half your height or less.

THE sex QUESTION

TO SNIP OR NOT TO SNIP?

My partner wants me to have a vasectomy, but I'm not sure. Help.

Guy, Grimsby

Although some vasectomies can be reversed, you have to think of it as a permanent sterilisation. You must be sure you wouldn't want any other children, no matter what happens in the future. Your partner should feel the same. You don't have to rush the decision, as long as you're using proper contraception. If you're young, have never had children, are unhappy in your relationship and feel pressured to do it, it's not a good idea. The operation itself, cutting your sperm tubes, is very safe and nearly always successful, but can have side effects.

DR PHIL SAYS: 'Nearly half of all births today are out of wedlock'

WE HEART GARLIC

Is eating garlic good for your heart?

Lucy, Birmingham

There is some evidence that enzymes in garlic can thin your blood and prevent clots from forming, so this might reduce your risk of a heart attack. However, cooking garlic for more than five minutes destroys the enzymes, so you'd have to crush it and eat it raw. If you're already taking blood-thinning drugs, such as warfarin, it could make you bleed. There is no strong scientific evidence that eating garlic will reduce your cholesterol, but it does make food very tasty, so why not just enjoy it? After all, it's OK as long as you both do!

SOMETHING'S AFOOT

I've got eczema on my foot but, when I put hydrocortisone cream on, it got worse. Why?

Toni, Bournemouth

Well done on trying to treat yourself. An itchy red rash on your foot could well be eczema, but it could also be a fungal infection, such as athlete's foot. Steroid creams like hydrocortisone can actually make fungal infections worse. Before you hot-foot it to your GP, have a chat with your pharmacist for advice on athlete's foot. He can give you anti-fungal cream or powders, and you should also keep the foot clean and dry. If it still isn't getting any better, then my advice is to take positive steps and talk to your GP.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT dr.phil@revealmagazine.co.uk

FOR DR PHIL'S TOUR DATES AND NEW BOOK, STAYING ALIVE, GO TO drphilhammond.com Dr Phil regrets that he cannot reply to emails personally

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NEW

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Now with the choice of
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PERFECT *packed lunch* IDEAS

Get set for term time with these easy-to-prepare recipes

Forget soggy sandwiches and withered wraps. Back-to-school season is the ideal time to shake up that sorry-looking lunchbox! Enliven their midday munch with these delicious recipes from Annabel Karmel, the UK's No.1 children's cookery author. The rice salad is ideal to make the night before and gives you enough to do packed lunches for the whole family.

PESTO RICE SALAD

Annabel's one-pot wonder will help you introduce a variety of flavour and vegetables.

Makes 4 to 6 portions

INGREDIENTS

200g long grain rice
½ red pepper, deseeded and diced
1 x 189g can sweetcorn
150g cherry tomatoes, sliced into small pieces
1 bunch spring onions, sliced
2 cooked chicken breasts, cubed
100g French beans, sliced
75g small broccoli florets

DRESSING

4 tbsp fresh pesto
3 tbsp rice wine vinegar
3 tbsp olive oil
1 clove garlic, crushed
1 tsp sugar
3 tbsp basil, chopped

METHOD

➔ Cook the rice in boiling salted water according to packet instructions; drain it and leave to cool.
➔ Measure the pepper, sweetcorn, tomatoes, spring onion and chicken into a mixing bowl.
➔ Steam the beans and broccoli for a few mins, or cook them in boiling salted water for 3 mins. Drain and refresh in cold water.
➔ Mix together the dressing ingredients and pour over the vegetables. Add the rice, beans and broccoli, and season well. Chill until ready to serve.



Keep food chilled until it's time to eat with a Smash Nude Food Mover, from £3. Pop in the freezer overnight and then add food in the morning. It will stay perfectly chilled until lunchtime.

Turn over for Annabel's easy-bake cookies ➔

NEW



**MMMM... DELICIOUS
AND 99 CALORIES**

Easy-bake cookies!

Annabel's yummy snack alternative

If snacks that are high in sugar and fat have been banished from your packed lunch menu, you could consider these homemade cookies instead. Annabel Karmel's simple recipe makes a gorgeous, tempting treat, perfect for kids, or for you as a mid-afternoon snack in the office.

TIP:
Get your little one to help roll the batter into balls

APRICOT, RAISIN AND CHOCOLATE COOKIES

The perfect afternoon treat for your cookie monsters!

Makes 20 cookies

INGREDIENTS

100g butter, softened
100g light brown sugar
1 egg
150g porridge oats
75g self-raising flour
A pinch of salt
1 tsp vanilla extract
50g dried apricots chopped
50g raisins
100g plain chocolate chips

METHOD

Preheat the oven to 180°C fan. Line two baking sheets with non-stick paper. Measure the butter and sugar into a bowl. Whisk until light and fluffy. Add the egg and whisk together. Add the remaining ingredients and mix well. Shape into 20 balls. Place on the baking trays and push down to flatten out slightly. Bake for 10 to 12 minutes until lightly golden but still soft in the middle.

For lots more lunchbox recipe inspiration, Annabel's brand new Family Cooking app is out now. Available via the App Store, or visit annabelkarmel.com.

THE X FACTOR BACK, BABY!



CHERYL: 'THERE'S A NEW ENERGY AROUND THIS YEAR'

Cheryl Fernandez-Versini is super keen for her fifth season on *The X Factor* and can't wait for viewers to get to know the newcomers to the judging panel, Nick Grimshaw and Rita Ora.

'I think Grimmy is going to be a massive revelation. He's funny, smart and crucial to what's happening in the music world right now. Me and Rita are performers, so we know what the contestants are feeling – and then

we've got the mogul himself, guiding us. We have a mixture of everything – it's fresh and it feels new.'

Plus, Cheryl and the new gang are keeping Simon current. 'Yesterday, we were teaching him what "on fleek" means,' she explains.

'Rita's got a thing where she goes, "Mash it up, mash it up, mash it up, boom." Simon said last night, "I'm going to mash it up!" He's cottoning on!'

And, while the rest of us are excited to see what Cheryl, 32, will wear, the star won't be giving her wardrobe much thought. 'For me, it's about the people singing on stage that night, not about what dress I'm wearing.'

RITA: 'THE JUDGES FEEL LIKE FAMILY'

New judge Rita Ora feels she's already bonding with Cheryl and says, 'We have banter – Cheryl's a girl's girl, and she knows how to act around women; the sensitiveness and all that.'

'I'm more of a tomboy – I don't get emotional or offended easily and it takes a lot for me to be really hurt. I was grateful there was another female on the panel, as it made me feel more comfortable.'

And Rita, 24, has developed an unusual way of seeing if the contestants will cut the mustard. 'If you can handle me flirting, you can handle being on *The X Factor*. I'm very intense and forward.'

But don't expect her to appreciate anyone flirting with Simon. She recalls one audition where a woman was all over the music mogul and says, 'I understand the power – it's Simon with his T-shirt and jeans and all that.'

'But there's a limit. You have to have a bit of decorum. These judges have started to become like family, so I am really protective of them. I was like, "Keep your hands off him, because he's obviously off the market."'



Meet your all-new, all-glamorous X Factor squad...



R IS



Switch up time! This season, viewers get to pick which judge gets which category in a live Twitter vote, and Judges' Houses will be broadcast live.



NICK: 'I'VE GOT A CRUSH ON SIMON!'

Radio 1 DJ Nick Grimshaw faced some criticism when his role on the show was announced – but don't go underestimating him. 'Music is my first love – it's what inspires me. I can't leave the house without headphones,' he says.

'At 17, I started working at a record label and management company, and I've only ever worked in music.'

He and his celeb pals are also fans of the show. He says, 'It's like rehab – we don't go out from August till Christmas.'

The 31-year-old built up a rapport with 'charming' Simon after interviewing him and says, 'What I have now discovered is that he's also unruly and naughty! And I really like that. It's like going to work with a toddler or a teenager. He's pretty addictive to be around.'

As for the, um, allure of Simon Cowell, Nick's found an explanation. 'The cash! No seriously, he takes his time with things, which I think might lure people in. He's poised... maybe I've got a crush on Simon! He's very attractive.'

Grimmy's been BFFs with Rita for years and we'll see him tease her relentlessly on the show. One auditionee from Tenerife sang in Spanish and Nick says, 'Rita was like, "Where's Tenerife?" I told her it's in the Caribbean and that he was singing in French. When he ended, she was critiquing him really seriously, like, "When you started singing in French, it became better." Everyone in the arena lost it!'

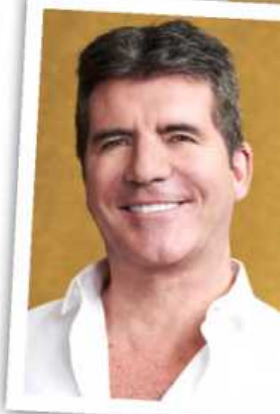
SIMON: 'CHERYL'S GOT HER MOJO BACK'

Simon Cowell is convinced that there'll be no fireworks between Chezza and Rita. 'Everyone thought these two were going to hate each other, but I never did. After they had their first meeting, Cheryl called me and said, "Oh my God, she's really cool, I like her." I think people are bored of the catfights now.'

Simon, 55, adds, 'Cheryl's the happiest I've seen her in years. She's a different person this year. I said to her, "You've got your mojo back".'

And Simon cannot stop gushing about the other boys on the show. 'Nick has a fantastic energy. He's like a really friendly dog – always wants to be stroked and be happy. There's not a bad side to him or an ego. You never walk into work thinking Nick's in a bad mood or he's fed up. When you walk in, he's always upbeat.'

'Nick and Rita love each other. I mean, in another life, I could see those two together!'



CAROLINE AND OLLY: 'WE'LL NEVER HOOK UP...'

They've replaced Dermot O'Leary to co-host this year, and Caroline Flack and Olly Murs know they've got big shoes to fill.

'No one will ever be Dermot,' says Caroline.

Olly, 31, says, 'He had his own vibe. I'd say we're a lot sillier.'

Although Simon Cowell has spoken of a 'sexual chemistry' between the pair, Caroline, 35, insists, 'I don't fancy Olly at all.'

However, Olly, who shot to fame as a runner-up in the 2009 series, adds, 'She did tweet during my audition and said, "I really fancy that Olly Murs!" My fans found it, and they always remind me.'

Caroline retorts, 'Then I met you and was like, urgh! Olly's quite needy. One day I might just break down and say, "I've loved you for five years!" I'd turn up at yours on Christmas Day, drunk!'

Olly replies, 'Please tell me that's not going to happen!' 'It would be quite funny if it did!' Caroline laughs.

Guys, get a room!



Hannah Doyle

The X Factor, Saturday 29 August, 8pm, ITV

MOVE OVER, *Po*

Just as we were descending into a post-Poldark panic, some brand-new TV hunks have hit our screens

The unruly mop, those billowing shirts, that ridiculously buff body... It's safe to say we've been pining for Poldark.

Thankfully, sensible TV execs have understood our urgent need for more eye candy and started casting some new studs in their programmes.

Take Scottish actor Sam Heughan, 35, for example, who has been busy burning up our TV screens as Highland warrior Jamie Fraser in *Outlander* on Amazon Prime Instant Video (and you can even take it home on DVD from 26 October).

Piercing blue eyes, cheekbones you could cut diamonds on and a swarthy mop of hair to rival Aiden Turner's. Need we say more about 35-year-old Sam? Well, while we're at it, we'd like to draw your attention to Exhibit B, his fabulous physique (just in case you haven't got the picture yet).

Richard Madden, 29, has also caught our eye. He shot to worldwide fame as Robb Stark on *Game of Thrones* and will soon be starring in the rather racy BBC adaptation of DH Lawrence's *Lady Chatterley's Lover* in September.

Richard plays Lady C's gamekeeper lover, Oliver Mellors, so you can expect a few semi-naked romps and a smattering of topless scenes with the dishy Brit actor when the bonkbuster hits our screens this September *puts in calendar immediately*.

And, finally, did you catch Aneurin Barnard in *The Scandalous Lady W* last



week? Oof! The 28-year-old Welshman played gorgeous George Bisset opposite *GoT* star Natalie Dormer's Lady Seymour Worsley for 90 minutes of 18th-century steam. Catch it on BBC iPlayer if you missed it.

And there's good news, girls, Aneurin (pronounced a-nigh-rin) is starring alongside Tom Hardy in new movie *Legend*, in cinemas this September. Barnard on the big screen? We don't mind if we do!

Hannah Doyle



We have Aiden Turner to thank for the recent hunger for TV hunks

Shotgun wedding? Join Richard for a romp in *Lady Chatterley's Lover*



Richard Madden snares Holliday Grainger on your TV next month



Aneurin Barnard reached a full head of steam opposite Natalie Dormer last week on BBC Two



Sam Heughan is a hunk on demand with Amazon

ldark



None of these hunks floating your boat? Aiden Turner and co are set to start filming series two of Poldark in September



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REVEAL'S CARENA
CRAWFORD PICKS THIS
WEEK'S TV HIGHLIGHTS

THROUGH THE KEYHOLE

Keith Lemon is off for another snoop around some celebrity homes. He'll be joined by three star panellists, who will have to decipher the clues Keith offers as he goes from room to room, searching through drawers and cupboards and generally making a mess everywhere, to guess whose house it is. From pop royalty to TV presenters, actors, and reality stars, there's all sorts of people willing to let Keith roam free in their home - they're braver than us, that's for sure. Celebrity chef Gino D'Acampo, *Corrie*'s Sue Cleaver, and comedian Johnny Vegas are the first on the panel. Will Keith steer them in the right direction?

ITV, SATURDAY 29 AUGUST, 9.30PM



KATIE PIPER'S EXTRAORDINARY BIRTHS

Giving birth is a unique experience in itself, but Katie Piper's about to meet all sort of mums-to-be who've chosen some very different methods to welcome their child into the world. Dorina and Maika have travelled to Hawaii to have a dolphin-assisted birth - they've had no scans and have boycotted all medical intervention throughout their pregnancy, even having their due date predicted by a crystal. There's also a super-glam businesswoman determined to be preened and pampered through the birth, a pair of yoga instructors having a lotus birth, and fruitarian Lydia (inset) who's only eaten fruit during her pregnancy.

CHANNEL 4, WEDNESDAY 2 SEPTEMBER, 10PM

DON'T MISS

Jamie Oliver travels the world to find out about the contribution sugar is making to rising global health problems in one-off documentary *Jamie's Sugar Rush*. Channel 4 on Thursday 3 September at 9pm.

BOY MEETS GIRL

Denise Welch stars in this ground-breaking new sitcom about a relationship between a man and a transgender woman. Denise is the mother of Leo, a 26-year-old guy who begins a relationship with 40-year-old Judy, who is transgender and, in a first for UK television, is played by transgender actress Rebecca Root. A gentle comedy that jokes about the pair's age gap, it doesn't shy away from the major social themes, tackling them head-on. Tune in to see if this couple can keep their love alive.

BBC TWO, THURSDAY 3 SEPTEMBER, 9.30PM





RY

DON'T MISS

The brilliant Sue Perkins is welcoming guests and performance highlights from this year's Edinburgh Festivals in Sue Perkins' *Big Night Out*. Catch the one-hour cabaret on Saturday 29 August, on BBC Two, at 9.10pm.



FASHION POLICE

Regular hosts of this critical comedy Giuliana Rancic, Melissa Rivers and Brad Goreski (above) are joined by two guests each week to review the world of fashion. It's the *MTV Video Music Awards* this week and Margaret Cho and NeNe Leakes are taking their seats to review the style sensations and trend disasters from the event. They'll be hilarious, honest, and definitely pull no punches if they don't like an outfit. Celebrities beware: the Fashion Police are out to get you if you get it red carpet wrong.

E!, WEDNESDAY 2 SEPTEMBER, 9PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders



SHABS DELIVERS A STILLBORN

It's a heartbreaking day as Shabnam prepares to give birth to her stillborn baby. Masood supports his daughter and Kush is by her side as she delivers their son. Shabs says goodbye to her baby but, back home, she announces she's moving to Pakistan straight after the funeral, leaving Kush devastated. Will he persuade her to stay, or is their relationship over?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE & THU, 7.30PM

TRACY CONFESSES

Carla gets drunk at Maddie's memorial auction and a guilty Tracy begs Ms Connor to stop torturing herself over the fire. Robert clocks Tracy's discomfort and confronts his girlfriend. He tells her if she's not truthful with him they have no future, and she is forced to confess the blaze was her fault. How will she react when Robert insists she tells Carla?

Coronation Street



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM, THU, 8PM

Emmerdale



LAWRENCE FALSELY ACCUSED

Lawrence takes on Connor to do some odd-jobs, and is later horrified to find Connor bloodied and bruised after an assault. As Lawrence patches him up and gives him £300, he's later stunned to be accused of assaulting Connor himself. Robert turns up and insists he believes Lawrence's version of events, but can Robert really be trusted? And what will he want in return for helping?

EMMERDALE, ITV, MON-FRI, 7PM

PERI GIVES BIRTH

Tom is upset when he finds out Peri knows the sex of their baby and, in revenge, plans to post Cameron's confession video online. When Peri apologises, he decides not to reveal the truth about her dad, but is he too late? Later, Peri goes into labour at the school, and Tom's overwhelmed with love for his child. Will Peri be able to give her baby up now it's here?

Hollyoaks



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM

DEAR DIARY...

You don't have to wait until the New Year to reorganise your life – the beginning of the school year is the perfect time to start afresh. Why not buy yourself a mid-year diary so

you can document all those work meetings and Christmas parties that lie ahead. This uplifting one from WHSmith (£5.99) has already earned a place in our desk drawer. We also like this witty (and not at all sarcastic!) notepad, left, by Heritage (£12, selfridges.com). Just make sure your boss doesn't spot it!



NEW CRUSH: NICO MIRALLEGRO

A new school term often brings along a new crush. At the moment, we're busy daydreaming about Brit actor Nico Mirallegro. The Manchester-born 24-year-old starred as heart-throb Finn Nelson in the hit series *My Mad Fat Diary* and turned heads in BBC drama *The Village*. He's now moving into film and is definitely one to watch!



Hands off! We saw him first...

THE BAD EDUCATION MOVIE

The hit BBC Three series may have ended, but the boys and girls of *Bad Education* have returned for one last adventure. If you thought frightfully posh history teacher Alfie Wickers (Jack Whitehall) and his tearaway students were badly behaved before, you ain't seen nothin' yet! The dysfunctional gang embarks on a 'school trip' to Cornwall, after Mr Wickers discovers his biological father – a 'commoner' – lives there. Cue hilarious and cringe-worthy scenes as the posh teacher tries to fit in with the locals, while his students run riot nearby. With an enraged head teacher and police on their trail, will Mr Wickers escape unscathed? **In cinemas now.**



BUZZ-O-METER

BACK TO SCHOOL SPECIAL



UNIFORM CHIC

From buying new shoes to hunting for the 'on-trend' backpack, one of the best things about going back to school is updating your wardrobe. But you don't have to be returning to the classroom to revamp your style. Why not make the office your playground? Think *Gossip Girl* meets *Working Girl* and you'll be on the right track. We love this chic rucksack from Zara (£35.99) and this cute short suit is the perfect day-to-night look (£70, asos.com).

Olivia-Anne Cleary



LUNCH BOX-ING

If *Friends* taught us anything, it was how important it is to label your lunch. We all remember how angry Ross became when someone ate his sandwich. So, why not protect your midday snack from your fellow workers with a stylish lunch box? Check out these fun ones from Happy Jackson. With bright colours and amusing messages, they're guaranteed to brighten up your day! **Lunch boxes £4.79, happyjackson.com**



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Love it!

Ashley Roberts, 33, shares her love of Prince Harry and Mexican food and the motto she lives by...

FAVE...WAY TO EXERCISE?

I like to do hot yoga for its amazing detoxing feeling, but I also love a hardcore HIIT circuit workout class, too.



CELEB TO PARTY WITH?

Laura Whitmore and I are good friends. We have a good time when we hang out. She's a lot of fun and totally hilarious.

PIECE OF ADVICE?

Have fun and don't take things too seriously. Over time you realise that small things can be so petty and they aren't worth holding onto, so it's best to let go of any negativity and move forwards.

ROYAL?

Prince Harry seems like a lot of fun! He's got a good head on his shoulders and likes to have a good time, so I'd love to hang with him. I think he'd be the most fun on a night out.



LUXURY MAKE UP PRODUCT?

Charlotte Tilbury is just killing it with her products right now! I'm a big fan of her K.I.S.S.I.N.G lipstick in Nude Kate and the Matte Revolution lipstick in Red Carpet Red. I tend to go for either a nude or a bright lip, depending on my mood.



Instagram/theashleyr

ANIMAL?

Cooper, my Maltese dog, is an obvious favourite but I also love elephants. I'd really like to do something to help raise awareness about the mistreatment of elephants because too many nasty things happen to them. I'm a real animal lover.



MEAL?

If it's a healthy day I love anything with avocado, eggs and greens. On a cheat day, it's got to be dirty Mexican food. I like to order a burrito, nachos and all the sauces.

PERSON YOU'VE WORKED WITH?

Keith Lemon. We just did a parody of *Back To The Future* and we had such a blast. He's completely insane but so funny.



MEMORY?

Getting our MTV movie awards for best dance video was awesome. I'd seen my idols get those for years before we even became the Pussycat Dolls, so getting them for *When I Grow Up* and *Buttons* was amazing.



Ashley Roberts is working with 888ladies bingo, proud supporters of Race for Life. Visit 888ladies.com/888ladiesarmy to join

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